



# theridgechurch

## **LIFEgroup Discussion Questions**

### **Treasuring Jesus: Jesus Lord of the Sabbath**

**March 18, 2018**

**Read: Luke 6:1-11**

**1 – Who do you identify with more, the Pharisee or the man in need of healing and Why? In what ways may you identify with both?**

**2 – Discuss some of the challenges you face with getting the rest you need. What are some of the barriers: lack of time, lack of intentionality, dislike for rest, rest appearing to be lazy? What are some of the lies we believe about rest?**

**3 – What can we take away from Jesus seeing the NEED to be applied to those around us at the Ridge and in our community?**

**4 – Read Matthew 11:28-30. Discuss what this text means. Share how you can put this in place this week. What are some ways we can encourage each other in this area?**

**5 – What do you think about the Sabbath being daily instead of a certain day of the week? Or both? Discuss in consideration of today's text.**

**Pray!**

**DO: What are you going to do differently considering the text to find rest in Jesus this week? Carve out some intentional time for physical, spiritual and mental rest each day!**