



Date: September 23, 2018

Teacher: Scott Stark

Text: Mark 2.23-3.6

Any other Text?: Deuteronomy 5.12-15

Main Idea/Desired Application: Sabbath is God's gift of creating space in our lives to receive his freedom from striving, remember his promises, and rest in his presence.

1. Read the Text Together Read the Text for this week out loud with your group.

2. Make Observations What stands out? What phrases caught your attention?
Any repetition, contrasts, comparisons?

3. Ask Questions What is confusing or hard to understand? Any details that might be important?
Ask: who, what, where, when, why, how?

4. Background Information

- Sabbath: a special day of resting and remembering that God instituted in creation (Gen 2.1-3) and commanded as part of the rhythm of life for Israel (Exodus 20 and Deut 5). As a concept Sabbath shows up out of nowhere in world history during the Exodus of Israel from Egypt. Amazingly, God takes these people who have been slaves, working sun-up to sun-down seven days a week, and he tells them YOU ARE NO LONGER SLAVES! Your life matters! And you are going to celebrate that fact every single week of your life through Sabbath!
- Pharisees: Pharisees are conservative Bible scholars who are trying to restore the purity and holiness of Israel. They have a deep believe that if Israel will keep God's law then God will restore the kingdom of Israel (which is why Jesus breaking the Sabbath code was so frustrating!)
- Herodians: We don't know much about them but the fact that they are named after King Herod (the Roman backed ruler of Israel) indicates that they are pro-Rome.
 - NOTE: Pharisees and Herodians do not usually get along (3.6 is the exception)
- Synagogue: A Jewish place of worship. Not the Temple in Jerusalem, but a local house of worship in a village or town, in this case Capernum.
- Man with the withered hand: Having a physical deformity would make you ineligible to enter the holy place of God Temple in Jerusalem. Because of that, this man would never be able to enter into God's presence in the Temple. So God's presence (Jesus) came to him in the synagogue instead!

5. Application Questions

1. When you hear the word Sabbath, what comes to mind? Church? binging netflix? napping? boredom? playing?
2. Scott described Sabbath as a gift from God that calls us to:
 - a. RECEIVE freedom from striving

- b. REMEMBER who God is and what God has done for us
 - c. REST in God's presence
 - d. Which of these words best describe what you need most from God right now?
3. What would you need to STOP doing in order to set aside a specific time to receive, remember, and rest in God on a consistent basis?
4. What will you START doing in order to receive, remember, and rest in God this week?

6. Have everyone answer....

What is something new you learned about Jesus this week from this story?

WORLD VISION WATER PROJECT

CM is working with World Vision to help give all people access to clean water. Your group can help by sponsoring 1 person. World Vision estimates that they can give 1 person access to clean water for life for only \$50. Can your group help 1 person?

PRAYER

Combining water, sanitation, and hygiene interventions can cut preventable child deaths by up to 57 percent, reduce chronic malnutrition by 40 percent, and reduce school absenteeism among girls by 50 percent. Today, take a moment to pray for better health outcomes for the individuals and communities who will be receiving clean water through World Vision as well as those who have yet to be helped.

“In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, ‘It is more blessed to give than to receive.’” Acts 20:35