

Nov 16, 2025 – Questions to Discuss and Consider at Home or in Small Group

“God Rested” – Mark 2:23-28

1. Jesus said, "The Sabbath was made for man, not man for the Sabbath" (Mark 2:27). How does this speak to how we should evaluate man-made prohibitions (what you can't do) versus the blessing promised in Sabbath observance? Does the first part of the statement balance the second part?
2. In what area of your life (e.g., finances, parenting, career advancement) do you find it hardest to **take your hands off the wheel** and trust God with the outcome so that you can rest on Sunday?
3. How do you resist rest and recovery in Christ? Over-working to earn worth and / or over-indulging to escape work. Which one of these tendencies do you struggle with more on the weekend, and why?
4. How is our modern works-based approach to finding worth (e.g., chasing promotions, perfect parenting, hyper-productivity) functionally the same as the Pharisees, who were trying to find worth by perfecting their 39 categories of Sabbath law?
5. If your **worth** is purchased entirely by Christ's blood and is not dependent on your weekly performance, what is the most immediate anxiety or striving you can let go of right now?
6. What does the fact that Jesus perfectly kept the Sabbath law *for you* mean for your attitude toward the 4th commandment? How about all the commands of God? Does it make you want to pursue them more or less?
7. Working *From Rest*: What is one practical step you can take this week to ensure your most important work proceeds *out of* your identity in Christ?
8. The sermon connected **“recovery”** to the disciples "making their way" (v. 23). When your axe is sharpened by Christ's rest, how does that rest empower you to **make your way** (walk out your vocation) in a more focused, fruitful, and non-anxious manner this week?