

SCRIPTURE CARD GUIDE FOR GROUP DISCUSSION

"GET SOME REST" JULY 23 & 24

SERIES OVERVIEW:

Too often we view the Laws or Commandments of God as if God is angry with us, pointing His finger at us and saying, "You better behave or I'm gonna getcha!" But is this the tone of the Commandments? What are God's heart intentions in giving us the Commandments? We believe God has given us His Commandments so that the life we live would be filled with joy, full, and satisfying, as we bring Him honor and care for His creation. How do we do this? Easy, just Love God and Love people. Maybe not so easy.

*Follow the directions below for a guided group discussion with a friend, in a family, small group, etc.
Grab a Scripture Card (printed or electronic) and simply follow steps from 1 to 6 on this page and the next.*

1

OPENING PRAYER AND SCRIPTURE:

About 2 minutes

Ask a volunteer to open in prayer. Pray Psalm 91:1-4 as part of the opening prayer.

2

BIG IDEA:

A minute to read

God has given us a great gift in resting in His provisions of love and grace. Yet, we often do not know when to say, "enough," and simply stop and rest. He has given us not only a command but also an example to live by. The Sabbath rest was made as a blessing and it serves us, not the other way around.



July 23 & 24, 2022

Then Jesus said to [the Pharisees], "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath." - Mark 2:27 NLT

Reflect

Read the full passage in your Bible - Mark 2:23-28

What word or phrase is the Holy Spirit highlighting from the scripture reading?

What might be God's invitation to you in this?

What might be God's challenge to you in this?

How might God be calling you to respond?
Be curious...and then do it.



DISCUSSION HELP:

Use follow-up questions to take the discussion deeper. Guide answers to be honest and real.

Can you say more about that?

How have you seen that play out in your life?

What does that stir up in you?

Has anyone else had a similar thought or experience?

What might God be inviting you to do?

3

INTRO QUESTION:

About 10 minutes

How have you received the goodness of God this past week?

4

SCRIPTURE READING + GROUP DISCUSSION

About 40-45 minutes

Read also Ex 20:8-11, Deut 5:15, Col 2:16-17, Heb 4:8-11, and Matt 11:28-30. Describe in your own words what you think Jesus means in Mark 2:27-28.

Jesus invites us to find rest in Him as the fulfillment of the God's covenant. In Him we receive the gifts of being redeemed, restored, and re-created. How does this compare or contrast to what you have heard or experienced with regard to the Sabbath?

Consider: a stressful item on your "to do" list, a worldly want, or a worry on your mind. Describe how you would feel if God removed or fulfilled this on your behalf. What would it take for you to stop working, worrying, or wanting for a day?

What activities do you find most restful or fulfilling for your soul?

5 CLOSING GROUP PRAYER:

About 10 minutes

Reflect on the Scripture Card Prayer Prompt individually.

The leader or apprentice will lead a prayer for each paragraph on the "Pray" section below and leave a quiet time after each section for group members to silently pray. The leader or apprentice will close the prayer by reading Psalm 23.

TAKE IT DEEPER



WORSHIP



GROW



SERVE



REACH

Pray

Share with God the ways that you are just weary-spent-exhausted. Give these things to him and cry out for help.

Ask God to open your heart and mind to see the sabbath as a beautiful gift from him.

Thank God that he is your shepherd who restores your soul, who renews your strength and has everything you need. Pray the words of Psalm 23.

Live It Out

Sabbath rest does not just mean "going to church on Sunday." Sabbath rest is God's gift for you to rest in His love and promises. This week take a Sabbath rest by completely unplugging from your phone, computer, and screens. During this time rest, take a nap, then read scripture, pray, listen to worship music, and soak in the love and promises of your great God. Be curious about what it might look like to make a habit of this. :)

6

LIVE IT OUT:

About 2 minutes

Read the "Live It Out" section and invite the group to take the steps noted. Discuss the experience the next time the group gathers.