

SCRIPTURE CARD GUIDE FOR GROUP DISCUSSION

"THE REST" OCTOBER 2 & 3

SERIES OVERVIEW:

More than any other historical figure Jesus has been studied and written about and yet so many still wonder, who is Jesus, really? Cutting through the noise is the fast paced action packed Gospel of Mark. Mark presents the life of Jesus in two symmetrical acts: His IDENTITY as the King over all things and His PURPOSE in dying on the cross. As we explore the life of Jesus we will find Him to be unpredictable but reliable, meek but powerful, authoritative but humble, human but divine. As we encounter Jesus we must all consider the significance of the life of Jesus the King in our own lives.

*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:

About 1 minute

Then ask a volunteer to open in prayer.

2

BIG IDEA:

About 1 minute to read

The religious leaders had robbed the Sabbath of its true meaning by turning it into a religious ritual. Jesus would have none of it as He makes it clear that He is the true Sabbath and that The Rest we need is not found in empty rituals, but in Him.

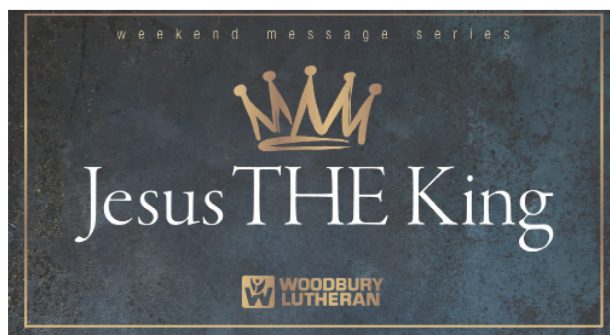
3

INTRO QUESTIONS:

About 15 minutes

Which activities fill you up more? Share your answers and describe why.

| | |
|--------|-----------|
| City | Country |
| People | Alone |
| Beach | Mountains |
| Book | Bike |
| Home | Away |



October 2 & 3, 2021

²⁷ Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. ²⁸ So the Son of Man is Lord, even over the Sabbath!" - Mark 2:27-28 NLT

Reflect

Read the full passage in your Bible - Mark 2:23-28, 3:1-6.
What word or phrase is the Holy Spirit highlighting from the scripture reading?

What might God be calling you to repent of or realign in your life?

What would acting upon this or obeying God look like? Be curious...and then do it.

4

SCRIPTURE READING + GROUP DISCUSSION

About 40 minutes

The Sabbath was a gift from God to find true rest, but the religious leaders had turned it into a burden with all kinds of additional laws.

See also Matt 5:17-20, Mark 2:17, John 10:7-10, and Hebrews 9:11-15. In light of these Scriptures, what has Jesus done for you?



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?

5 LIVE IT OUT:

About 6 minutes

Read this section aloud. Discuss the first question here as a group. Then take some quiet time now. Set a timer for 2 minutes to individually listen to the Lord. Invite the group to find quiet time to reflect on this again later throughout the week.

TAKE IT DEEPER



Live It Out

What kinds of religious acts have you put your trust in to create a peaceful heart, things that make you feel like you are okay in God's eyes? Create some quiet time and space this week to ask Jesus to show you, and to show you that he is enough. Surrender these things to him.

Pray

Talk to God about his invitation to rest. What might that mean? What do you need?

Ask God to show you the difference between religion and relationship with him.

Thank God that true, deep rest...rest that enables you to stop striving, to lay down performance and anxiety, is found in Jesus.

6

CLOSING GROUP PRAYER:

About 20 minutes

Read the prayer section on the card aloud, and take a moment of silence for each person to reflect on the prayer prompt personally.

Share prayer requests. The leader or apprentice can pray for the requests. A group member can close with the following prayer:

"Dear Jesus, thank you for fulfilling all the law and the prophets and by being the perfect lamb slain for us. By your blood we are saved. Let us not look to empty rituals of religion, but bring us into a relationship with you where we worship you in truth and in Spirit. Help us to rest in you. Amen."