

Sermon-Based Discussion

DATE 5/29/22

Watch the sermon at manheimbic.org/sermon.



BIBLE PASSAGES

Genesis 1:31 And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

Genesis 2:1 Thus the heavens and the earth were finished, and all the host of them. 2 And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3 So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Mark 2:23 One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. 24 And the Pharisees were saying to him, "Look, why are they doing what is not lawful on the Sabbath?" 25 And he said to them, "Have you never read what David did, when he was in need and was hungry, he and those who were with him: 26 how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?" 27 And he said to them, "The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is lord even of the Sabbath."

Group Discussion & Life Challenge

Use these notes as discussion prompts for your group, or in your personal time with God.

Connect:

Get to know each other. Connect, warm up to each other, fellowship.

Care:

Carry each other's burdens. Share life's challenges and practice Soul Care. Pray together.

Challenge:

Dive into God's Word. Use these discussion questions. Learn from each other's insight

Reflection/Discussion Questions:

- 1) Share your favorite memory of a day of rest.**
- 2) What are the things that make a day restful for you? What are the things that can rob you of rest?**
- 3) Share what you believe is the right way to Sabbath.**
- 4) In Mark 2, why do you think Jesus points out that David did it? Is Jesus making an excuse?**
- 5) What is one thing you can do in the next month to make your Sabbath more restful?**

Clarify:

Does anyone need clarity on something? Are there any big God questions you are wrestling with?

Celebrate:

Celebrate life's successes and God's provision. Worship God's presence. Time to brag about God.

KEY TAKEAWAYS