

LIFE GROUP

DISCUSSION QUESTIONS

Sabbath Is about Jesus February 9, 2025

Summary

In week six of the *Made For This* series, Kyle explores the theme of Sabbath and its true purpose through Matthew 12:1-14. While the Pharisees viewed Sabbath as a strict set of rules to follow, Jesus teaches that Sabbath is about mercy, healing and rest in Him. By asserting His authority as "Lord of the Sabbath," Jesus challenges the legalistic mindset and shows that human need and compassion outweigh ritualistic practices. Sabbath isn't about rigid rules but about recognizing Jesus as the one who knows best what we need most—spiritual healing, rest and a relationship with Him. While Sabbath is not required for salvation, practicing it reminds us of Jesus' provision and authority, and the rest He offers.

Scripture

At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. When the Pharisees saw this, they said to him, "Look! Your disciples are doing what is unlawful on the Sabbath."

He answered, "Haven't you read what David did when he and his companions were hungry? He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. Or haven't you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent? I tell you that something greater than the temple is here. If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent. For the Son of Man is Lord of the Sabbath."

Going on from that place, he went into their synagogue, and a man with a shriveled hand was there. Looking for a reason to bring charges against Jesus, they asked him, "Is it lawful to heal on the Sabbath?"

He said to them, "If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath."

Then he said to the man, "Stretch out your hand." So he stretched it out and it was completely restored, just as sound as the other. But the Pharisees went out and plotted how they might kill Jesus. Matthew 12:1-14 (NIV)

Let's Start

When was the last time you felt truly rested, and what made that rest feel different or meaningful?

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Gratitude and Prayer

How has God worked in your life since we were together?

Let's Talk

1. How do you typically view Sabbath? Has this series shifted your perspective in any way?
2. Jesus claimed to be "Lord of the Sabbath." What does this reveal about His authority in your life?
3. Have you ever felt frustrated when God didn't provide something you thought you needed? How does trusting that Jesus knows best what we need most change that perspective?
4. In what ways can practicing Sabbath help you focus more on Jesus and less on legalistic routines?
5. How can you incorporate rest, reflection and doing good for others into your weekly rhythm to honor the spirit of Sabbath?

Let's Act

If you haven't already, sign up for the Sabbath Challenge. You'll receive weekly emails and reminders that will help keep you accountable and offer suggestions and ideas on how to live this way practically in the midst of our busy lives.

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If you're ready to participate in the Sabbath Challenge, we'd love to hear from you! To get started, scan the QR code or text "sabbath" to 952.900.3276 to let us know you're joining. We'll also send you a weekly reminder and check in to see how the challenge is going.
