

JOY in the JOURNEY IV



“I Don’t Need to Stop!” - Mark 2:23-28

Sermon Idea: *God gives the “exit” of Sabbath rest, not as a kind of religious prison, but as a way to flourish (physically, emotionally and mentally) in the truth that Jesus is my Lord and our Lord.*

Intro: On a trip south in a rented van with family and aging father-in-law our goal was getting to the beach in SC. But “pop” always wanted a sit-down, relaxed meal at exit stops. That’s how he was used to traveling. Looking back, we should’ve welcomed those precious moments with him? **Do we take advantage of God’s gift the Sabbath rest?**

Read Exodus 20:8-11; Mark 2:23-27 and DISCUSS:

1. With Bible open to the Ten Commandments: Review the placement of and the differences between the 4th Command and all the rest. Is there a connection between God resting on the 7th day and the Lord commanding this to be a special day for his created ones?
2. In the Gospel story, look around Mark 2 and 3 and find what complaints/accusations the teachers of the law and Pharisees are making about Jesus. (2:7,16,18, 24; 3:2,6). What seems to be their problem...their emphasis?
3. Jesus turns the issue on its head: From his story of David (I Sam. 21) what principle or “rule” does Jesus seem to live by?
4. What do you think Jesus meant: *“The Sabbath was made for man, not man for the Sabbath?”* How do you see the Sabbath day as a gift? Do we NEED this EXIT, this REST STOP, for joy, for physical, mental, emotional health, and an abundant life?
5. Do we put too much emphasis on the rules of the faith and being busy for God instead of resting in trust and confidence in his blessings and sovereignty? Examples?
6. This sermon series is about JOY in the Journey – Is this Sabbath topic really all that important compared to other discipleship issues? Isn’t it kind of a personal, optional, side issue? Or is it!?
7. Growing up what was practiced or what’s your experience now in keeping a special day for God? Does one size fit all? How do we guard from the world and its demands, expectations and pleasures setting the agenda for our Sabbath days?
8. How do people identify and know Jesus is our Lord, Creator and Giver of Eternal life? Is it our rule keeping, our defense of the truth, our love for others, our keeping a day holy for God? How does the Sabbath day set us apart?
9. The Lord of the Sabbath invites us to a life of discipleship...apprenticeship...fellowship with him. How can we better deepen our Kingdom walk with Jesus so that we reflect his image, his joy, his gift of grace to others around us?

Jesus said: *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”* Matt. 11:28-29