



# The Gospel Of Mark

## Home Group Discussion Guide

*Must Christians Keep The Sabbath?*

Mark 2:23-28

**ICEBREAKER:** How accident-prone are you? Describe a recent incident.

**OVERVIEW:** Before the death and resurrection of Jesus Christ, the Jews were obligated to keep the Sabbath laws of the Old Testament. In Christ, we are free from the obligations of the law. Now we come to God through faith in Christ. In Christ, the Sabbath is not a rule to obey, but a blessing to enjoy. Let's go deeper and discover God's good and pleasing will for us regarding the Sabbath.

1. Read Mark 8:23-28. What insight, principle, or observation from this week-end's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. What do the following verses teach about the Sabbath?
  - Colossians 2:16-17
  - Galatians 4:10-11
  - Romans 14:5
3. Read Galatians 3:19 and Romans 3:21-22. The Sabbath is a clear law in the Old Testament. Why don't we have to obey it today?
4. If we no longer have to obey the Sabbath laws, why do we have to obey the rest of the Ten Commandments? How do we know which laws in the O.T. are binding?

5. Leviticus 23:3 teaches us the reasons God created the Sabbath. 3 "You have six days each week for your ordinary work, but the seventh day is a Sabbath day of complete rest, an official day for holy assembly. It is the Lord's Sabbath day, and it must be observed wherever you live." God gave us the Sabbath for rest and worship.
  - How does the Sabbath show that God cares for us?
  - What does the Sabbath teach about the kind of relationship God wants with us?
6. If God thought it necessary to force His people to set aside a day for rest and worship each week, what does that say about the way we are made, and the kinds of needs we have?
7. God created the Sabbath to be a blessing, not a burden. How can we turn the Sabbath into a burden? How can we use the Sabbath to enhance our lives?
8. The Sabbath is not a rule to obey, but a blessing to enjoy. Is a weekly day of rest a priority for you? If not, what do you need to change to make it a priority? If it is a priority, explain how your Sabbath has been a blessing to you?
9. How has the habit of weekly corporate worship enhanced your life? What kinds of things can you do to make sure you are maximizing this sacred discipline? (For example, get plenty of rest the night before, etc.)

**The Last Word:** The Sabbath is not a rule to obey, but a blessing to enjoy. We must not condemn those who don't observe the Sabbath the same way as us. At the same time, we would be wise to incorporate a weekly time of rest and corporate worship into our lives.