


# “A Way of Life that Works”

Remember: The goal of small group is 100% participation . . . to hear from everyone. Choose the questions you think your group will respond to, but center them around the Bible by using the questions marked “  ”






## Open It:




- What’s the most exhausting “vacation” or “day off” you’ve ever had?
- If your calendar had one weekly guaranteed “rest day,” how would you spend it?
- What’s a funny or unexpected way you’ve tried to slow down or unplug from a busy life?

## Read It:

- Mark 2:23-27
- Colossians 2:16-17
- Matthew 11:28-30

## Explore It:

- Have you ever experienced something meant to be a blessing (like a vacation or opportunity) becoming a burden? What caused that shift?
- How have you seen “rest” turn into just another stress point in your own life?
- What do you think is meant by the phrase: “You’re already burdened. Don’t add to it.”?
-  In Mark 2:23-24, why were the Pharisees so upset about Jesus’ disciples picking grain on the Sabbath?
-  What does Jesus’ reference to David’s story in Mark 2:25-26 teach us about how God sees human need versus ritual?
- How can “Don’t let man-made rules make you a spiritual slave” be applied to Sabbath or other spiritual practices?
- How have you experienced rules or traditions getting in the way of real connection with God?
-  What stands out to you in Jesus’ words in Mark 2:27 saying, “The Sabbath was made for man, not man for the Sabbath”?
- What does it practically look like to treat rest as a blessing, not a burden?

-  What is the significance of Jesus declaring in Mark 2:28 that he is “Lord even of the Sabbath”?
- In what ways does Jesus’ lordship change how we understand rest and spiritual rhythms?
-  Colossians 2:16–17 describes Sabbath as a “shadow” of what was to come. What does this mean for us now in Christ?
-  How does Matthew 11:28–30 shape your view of what true soul-level rest looks like?
- What does it mean to “Sabbath” as a person who’s been set free by Jesus?
- What do you think it means to surrender your schedule to Jesus?
- How does our culture pressure us to be constantly busy, and how might that conflict with God’s invitation to rest?

## Do It:

- What is one small, specific step you can take this week to practice Sabbath rest?
- In your current season, what would it look like to “surrender your busyness and steward your life”?
- Where do you sense that your schedule is robbing you of what matters most?
- How can you build a rhythm of rest into your family or household life?
- What distractions most commonly keep you from connecting with God in rest?
- After hearing this message, what part of your weekly routine needs to change, and how will you start?