



Small Group Discussion Notes

The Rest of the Story Week 3

Sabbath Grace

October 9th, 2022

Luke 6:1-11

Warm Up

What activities are lifegiving to you?

Digging Deeper

Read Luke 6:1-11

What do you think the motivation was behind the Pharisees accusing Jesus of not obeying the law?

Read 1 Samuel 21:1-6

What does this account in 1 Samuel, as well as Jesus's words in Luke 6:3-4 tell us about the value placed on doing good, compassion and health? How does this understanding inform the way we practice Sabbath?

How does it make you feel to know that Jesus, "the Son of Man," is "Lord of the Sabbath?"

How do Jesus's actions in Luke 6:1-11 align with his purpose for coming into the world?

Read Matthew 11:28-30

What do you think it looks like to take the yoke of Jesus upon you? How is this yoke different than the yoke of society today?

Next Steps

How can you be intentional about participating in Sabbath with others (family, friends, neighbors)?

What Sabbath practices can you begin engaging in that will bring you life (rest, wholeness, health, deeper connection with God and others)?

What is going to be the hardest thing for you to lay down/let go of in the pursue of Sabbath rest?

If you have children, what would a conversation with them about Sabbath look like?

Final Thoughts

Share how you can be praying for one another as you seek to cultivate times of Sabbath this week.