

Lent 1: Is the Sabbath for us?

Discussion group questions

Luke 6:1-11

Leaders – choose carefully. Some questions pick up similar themes, so work out what is best for your group.

1. Do take or have a rest day each week? Why do you a regularly weekly rest is important?

Rewind (Understanding the Sabbath in Context)

2. Read **Luke 6:1-2**. Why were the Pharisees upset with Jesus' disciples? What does this reveal about their approach to the Sabbath?
3. In **1 Samuel 21**, David and his men eat the consecrated bread, which was technically not allowed. Why do you think Jesus refers to this event?
4. The Pharisees were focused on strict rule-keeping, while Jesus emphasised the **heart behind the law**. Where do we sometimes fall into similar traps today?

Jesus Declares His Authority

5. Read **Luke 6:3-5**. What does Jesus mean when He says, "*The Son of Man is Lord of the Sabbath*"? How does this challenge the Pharisees' authority?
6. What does it look like to trust in Jesus rather than religious rules or traditions? Have you ever had to unlearn certain religious habits in order to grow in your faith?
7. The Sabbath was meant to be a gift, not a burden. How can we ensure that living out the Christian faith is life-giving, rather than rule-bound?

Jesus Demonstrates His Authority

8. Read **Luke 6:6-11**. What stands out to you in this healing moment? What does it show us about Jesus' heart?
9. The Pharisees valued their traditions over a person in need. Have you ever experienced or witnessed a situation where religious rules got in the way of compassion?
10. Jesus healed the man on the Sabbath, challenging the rigid views of the religious leaders. What does this tell us about God's priorities, and how might this shape our own approach to rest and worship?

Conclusion Questions:

11. **Is the Sabbath for us?**: What significance ought the concept of Sabbath have for us today, and how can we embrace its purpose? What did Mark mean by indicating that ultimately our rest is in Jesus' finished work?
12. **Religious Rules and Regulations**: Are there Pharisaic tendencies within us which are sucking the life from people or our church?
13. **Lent**: What might it look like to approach Lent as a time of grace rather than obligation?

Take home/reflection

14. What is one takeaway from today's discussion that challenges or encourages you?

Loving Lord and heavenly Father, thank you for your power to heal and restore, and for showing us that true rest is found in Jesus. Keep us from empty rule-keeping and draw us into deeper trust. As we prepare our hearts for Easter this Lent, help us to grasp more wonderfully, the significance of Jesus' death and resurrection, that we may love him all the more. Amen.