

# Sermon Discussion Questions



LOOKOUT  
MOUNTAIN  
PRESBYTERIAN  
CHURCH

## “HIS REST OR OUR RESISTANCE?”

**Big Idea:** As Lord of the Sabbath, Jesus challenges our restless rules, and we must beware of resisting his restorative rest.

## Discuss

1. When we think about Sabbath keeping, we often think of stories like this one from *Little House in the Big Woods* by Laura Ingalls Wilder.

“When church was over, they walked slowly home. They might talk on the way, but they must not talk loudly, and they must never laugh or smile. At home they ate a cold dinner which had been cooked the day before. Then all the long afternoon they must sit in a row on a bench and study their catechism, until at last the sun went down and Sunday was over.”

Wilder’s story and the two episodes recorded in this passage in Mark make clear the problems with over-regulating the Sabbath. For the most part, however, Sabbath keeping has been largely forgotten in both American culture and, to some extent, the American church. How can we spend our Sabbaths in a way that is honoring to God and truly beneficial to us? Consider also what Jesus is critiquing in these two episodes and what he is upholding (see 2:27-28 and 3:4 as well as the parallel passage in Matt. 12:9-13). The following verses may aid in your discussion: Ps. 23:2-3, Jer. 31:25; Rom. 14:5; Col. 2:16-17. For further resources, see below.\*

2. In these two stories we see the compassion of Jesus, first for his hungry disciples and second, for the man with the withered hand. Read Matt. 9:35-36 and 11:28-30.
  - Compare and contrast the religious life of the Pharisees with the way of living taught by Jesus.
  - What role does our obedience play in entering into the rest that Jesus alone can provide?

\*Christians have long debated exactly how the Sabbath should be kept. Here are some resources for further reading on the subject:

Carson, D. A., *From Sabbath to Lord’s Day: A Biblical, Historical, and Theological Investigation*

Donato, Christopher John, ed., *Perspectives on the Sabbath: Four Views*

Keller, Tim, “The Power of Deep Rest,” *thegospelcoalition.org*, Nov. 25, 2012

Shulevitz, Judith, *The Sabbath World: Glimpses of a Different Order of Time* (see also her article in the *New York Times*, “Bring Back the Sabbath,” Mar. 2, 2003)

DATE: October 15, 2017

SPEAKER: Joe/Brian

SERIES: The Gospel of Mark

PASSAGE: Mark 2:26-3:6

## Pray

Praise God for the perfection of his creation. When God rested on the seventh day, he did so because his work was good and needed nothing to complete it.

Confess the times that you have tried to obtain God’s blessing through your own “good” works, rather than resting in the finished work of Christ.

Thank Jesus for being the Lord of the Sabbath, the source of the deep rest that we all need.

Ask the Lord to help you both worship and rest on the Sabbath.

**PRAY FOR HOME MISSIONS**  
Bethel Bible Village

**PRAY FOR WORLD MISSIONS**  
Mark and Brigette serving in a sensitive area