

Jesus and the Sabbath

Discussion Questions for Mark 2:23-28

Open It

How do you prefer to use your weekends?

What do you understand to be the difference between "the letter of the law" and "the spirit of the law"?

Explore It

What is the setting of the story, and why is it significant? (2:23)

What did the disciples do that outraged the Pharisees? (2:24)

Why did the Pharisees confront Jesus about the actions of His disciples? (2:24)

What was Jesus' response to the Pharisees' charges? (2:25-27)

According to Jesus, why were the disciples of both David and Jesus justified in breaking the Sabbath? (2:25-27)

Why did Jesus say He was "Lord even of the Sabbath"? (2:28)

Get It

How was Jesus' spirituality different from that of the Pharisees?

Where have you seen rules-only spirituality in the church today?

In what areas do you think your church might be following the "letter of the law" rather than the "spirit of the law"?

How should we respond to suggestions that it only matters how closely we keep the letter of the law?

In what areas of your faith do you tend to be too beholden to rules or traditions?

What are your responsibilities on the Sabbath?

What is Jesus' attitude toward the Sabbath?

What difference does it make that "the Sabbath was made for man"?

Apply It

What can you do this week to reflect God's design for the Sabbath?

How can you honor the Sabbath without becoming legalistic?