



## Introduction

So far in Mark's story, we've seen that Jesus has all authority to do the impossible by helping those who are under all kinds of destructive oppression. Jesus casts a demon, heals Peter's mother-in-law, cleanses a leper by touching him, heals a paralyzed man, gives dignity to a despised tax-collector, and now he takes back the oldest tradition in the Bible from the religious people who have turned it into a burdensome chore -- the Sabbath. Jesus is King, even of the Sabbath!

## Observation/Interpretation

- What is the purpose of the Sabbath? (see Gen. 2:2,3; Mark 2:27)
- The Sabbath is the oldest of all biblical traditions, as it was rooted in God's own rest from creation (Gen. 2.1-3). The religious leaders zealously added many rules to keeping this day of rest. By working feverishly to keep the Sabbath and enforce others to do the same, they lost the very meaning of it. How does Jesus go about restoring the true meaning of the Sabbath rest?
- In Mark 3:1-6 Jesus puts himself on the same level as King David (the greatest Jewish king). Why?

## Application

- We are commanded to observe the Sabbath. How do we do that without becoming religious?
- Is your heart blind to the beauty of Jesus and the good he is doing because of religiosity or self-righteousness?
- What are some modern day examples of practices/traditions that are not necessarily commanded/outlined in the Bible that get religiously protected and enforced?

## Prayer

- Pray that God would keep your hearts sensitive to seeing and enjoying the good things that he is doing without falling into religious self-righteousness.

### Community Group Discussion

- Read the passage together out loud.
- Involve your group by asking/answering the study questions, taking the time to share.
- Ask for prayer requests and be sure to pray together.

### Family Discussion

- Have your child/children read the passage aloud, if old enough otherwise you read it aloud.
- Involve them by asking questions.
- Ask for prayer requests and invite them to pray together as a family.

A great way to use of these notes is to start/join a Community Group

These notes can be used for personal bible study, yet, another way would be to invite some people together. We call these intentional gatherings, 'Community Groups'.

What is a Community Group?

Community Groups are small gatherings of believers (non-believers welcomed too!) that meet regularly for accountability, friendship, study of the Bible and prayer. Community Groups are an essential part of the mission of Calvary SLO Church as they are a place where we wrestle with the truths of the Bible and encourage one another toward the life God intends. Each community group is unique and molded by the people who attend it. Most community groups gather weekly and involve food, dialog, prayer, discussion for applying the Bible to practical living, and loving service to one-another. They're meant to be an organic and authentic expression of the church, actively living like the body of Jesus.

Why should I join/start a Community Group?

God is a Trinitarian God who is revealed as one in three persons: Father, Son and Spirit. We've been made to image God, which means we're designed for community & friendship. We often suffer when we're not in community, due to the brokenness of life, complexity of this world and the temptation to isolate ourselves. We encourage you to gather with a small group of friends, family or roommates on a weekly basis and use these discussion notes to press deeper into God.

How do I join the Calvary SLO Community Group eco-system?

We're enthusiastic about all forms of biblical community, however there are definite benefits to joining with the Calvary SLO Community Group (CG) eco-system. In short, the benefits are:

- **Training:** We have trainings intent on equipping leaders.
- **Support:** Each CG leader is assigned a coach to provide assistance and ongoing support.
- **Visibility:** CG's are promoted via the bulletin, website & given access to The City (our online social network).

To join all you have to do is sign up for the next upcoming training! Info: pastor James: james@calvaryslo.com.