



ask JESUS

ASK JESUS: *IS IT LAWFUL TO HEAL ON THE SABBATH?*

Discussion Questions

Date: August 18, 2019 | **Scripture:** Matthew 12:1-14

1. Read Matthew 12:1-14. What stands out to you?
2. DC is the most overworked city in the United States. What do you think lies at the center of this work-to-the-bone culture? Why do you think it is difficult for people in our city to rest?
3. How would you define what the Sabbath is? How did the Pharisees define it? How did Jesus respond when he was confronted with the Pharisees' definition?
4. While we may not have a Pharisaical approach (that is, legalism) to the Sabbath, we may be guilty of Pharisaism in other places. In our day and age, what are some ways we inadvertently drift into legalism as we try to live the Christian life? How do we break free from the tendency to be legalistic?
5. Although Jesus rebukes the strict legalism of the Pharisees, he also does not say the Sabbath doesn't matter. This tends to be the error we drift into. In your estimation, why don't we take the Sabbath seriously? If you were to take the Sabbath seriously, what fears do you have about what wouldn't get done?
6. Jesus declared that the Sabbath was about much more than rest. How does the Sabbath point to Jesus?
7. How do you (and your family, if applicable) practice Sabbath rest? What have been some helpful things you have done to be intentional and make the most of it?
8. As an individual/family, how can you make the Sabbath more about worship and rest this week? What can you do to actually enjoy the gift of rest God has given us?



The Sabbath is
about worship, rest,
and good deeds, but
this gift of rest is
ultimately about
Jesus.