



CAPITAL
Pres Family

Sermon Questions: *Rest for Work*

Date: *September 5, 2021* | Scripture: *Mark 2:23-28*

1. Our guest preacher mentioned a young person from our area who felt that 'I'm becoming someone I don't think I can be.' In what ways do we experience the tension between who we know we are becoming in Christ, and who we feel we are becoming here and now?
2. In the passage, Jesus appeals to the Old Testament story of David eating the bread of the Presence, usually set apart for God, when there was no other bread available (1 Samuel 21). How does this example, and Jesus' words in Mark 2: 27-28, teach us about grace? Think about the difference between transaction and relationship.
3. The Pharisees tried to please God by observing his law, but made an artificial separation between God's revealed character and his will for his people in his law. This led them to get the Sabbath upside down, as a duty to perform rather than rest for loved children. How does stopping to remember God's character affect the way we think about church?
4. Our preacher reminded us that we are body and soul unities, who need physical and spiritual rest. What could healthy patterns of rest look like?
5. We also considered how work, inside and outside the home, is essential to our humanity as we reflect the image of our working and resting God. Sometimes obedience in each can look counter-intuitive, as the passage from Mark showed. How might grace change your work and rest this week?

WORSHIP THROUGHOUT THE WEEK

Here are some other ways you can meet with God throughout the week:

Reflect on these Scriptures:

- Deuteronomy 5:12-15
- Psalm 103
- Isaiah 9:1-7
- Matthew 5:17-20
- Hebrews 3:1-15
- 1 Peter 1:1-9

Pray for those for whom rest seems a distant dream, overseas and closer to home.

Reach out if you need assistance during this time:

- Call our church office at 703.821.0800
- Request aid from our Deacons' Fund at deaconsfund@mcleanpres.org

You can also find additional resources on our website:

Inward Grace in Action

The questions below are a little more intimate and are meant to be discussed with a trusted friend or partner.

1. What pressures are you facing this week that might convince you not to spend time resting?
2. What would have to be true about God to let you rest in these things? Is it something we see in Jesus?