Blessed to Bless – Week 3
The Lord of the Sabbath
Mark 2:23–3:6

Getting to Know You

1. When you have a day with no plans, how do you like to spend it?
2. What helps you slow down after a busy week?

Digging Deeper

3. Read Mark 2:23–28. The religious leaders questioned Jesus because His disciples were picking grain on the Sabbath, the weekly day of rest. What does Jesus' response reveal about God's purpose for rest?
4. Read Mark 3:1–6. What stands out to you about the way Jesus responded to the man with the withered hand?
5. The religious leaders were watching for a reason to accuse Jesus rather than looking for a way to help the man. How can we become so focused on our expectations that we miss someone's needs?
6. This week's message reminds us that God gives us rest to bless and be blessed. How do you see rest and caring for others connected in these encounters with Jesus?

Living It Out

7. What would making room for daily time with God and a weekly rhythm of rest look like in your life? What is one change you could make this week?
8. Who could use your kindness or practical help right now? How could you make room to care for them?