



“Lessons Learned from Sabbatical”
Small Group Questions
Week of August 16, 2026

Icebreaker:

Are you a night owl or an early riser? How do you maximize the cadence of your day in this way?

What do you do to rest? What do you avoid when you rest?

Discussion Questions:

Read Mark 2:23-28 together.

1. In this passage, the Pharisees had created strict guidelines regarding how to rest. In what ways do we create barriers to life-giving rest?
2. Jesus said in verses 27-28, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.” What does this mean?

How does it apply to your life?

How does it apply to the life of our church?

3. Read 1 Corinthians 15:1-11 together. In this passage Paul succinctly shares the good news of Jesus. How would you re-word this passage or share the good news of Jesus to a friend or family member today?

4. In verse 10, Paul says, “But by the grace of God I am what I am.” Paul did not allow his differences from the other apostles to hinder his gospel work. In what ways has God made you unique?

How have you seen God use these unique traits for his good?

5. God modeled rest (Genesis 2:1-3) in creation and it remains a theme throughout Scripture and life. How can you rest better?

How can your small group support you in this endeavor?

How can your small group participate in life-giving rest together?

Pray to close!