

Engage Sheet

"INVITATION TO REST"
SUNDAY, FEBRUARY 14, 2010



PERSONAL PRAYERS

Encourage a few members to share personal request about them.

IMPACT LIST

Invite 2-3 people to share about their impact list progression and how your group can pray for them.

CLOSER TO GOD

Ask 2-3 people to share about their "Closer to God" time. How have they grown and how can your group pray for them.

"WE ARE AT OUR BEST WHEN WE GET ENOUGH REST"
Mark 2:23-27

DISCUSSION QUESTIONS

- What insight, principle, or observation from Sunday did you find to be the most helpful, eye-opening, or troubling? Explain.
- What helps you to rest physically and mentally from life?
- What was your upbringing as a child in regards to observing Sunday as a day of rest? Has it changed as an adult? Do you know people who adhere to keeping a Sabbath? (Sunday naps: Yes or No?)
- How do you balance work, family, and play?

DIGGING DEEPER

Read Matthew 12:6-21

- Was does Jesus mean when he says, "I desire mercy, not sacrifice"? (v.7)
- How did Jesus' teaching about the Sabbath contradict the Pharisees teaching?
- Other than the Sabbath, with what issues, attitudes, or behaviors do Christians act more like the Pharisees instead of Jesus? How might mercy be given instead of making a sacrifice?
- Have you participated in Faith In Action Sunday? If no, is it because you feel we should observe a Sabbath and not cancel worship services? Has your philosophy changed through this sermon/discussion? Why or why not?

APPLICATION

- Was the sermon and discussion pertinent to you, past or present?
- Is there a hobby, sport, or interest that you would like to pursue but never took the time?
- Are their activities you can do together as a family and/or Life Group?