

**Date:** April 12, 2026

**Series:** Mark: The Sovereign, Suffering Servant

**Title:** The Rest We Were Made For

**Text:** Mark 2:23–28



## NOTES

### Questions to Consider...

- In the same way the Sabbath regulations added burden to those trying to obey God's word, what are some modern examples of man-made traditions that add burden to obeying the Bible??
- As we seek to obey God and pursue holiness, how can we actively seek to avoid the pitfall of legalism?
- What is your conviction regarding the Sabbath and how does God's word inform your conviction?
- What arguments from scripture might be made for those who differ from your conviction, and how should their existence factor into the way we discuss this issue or similar issues as a church?
- What are some of the specific ways that Jesus is our rest?
- What are some specific ways you pursue regular rest through your relationship with Jesus?

If you have not experienced the rest available to you through a saving relationship with Jesus Christ...

- To what have you been looking to in order to find the rest that you naturally need and crave?
- Who is one person you might talk to about the rest available to you through a relationship with Jesus?