

beyond your current **mind**



Part 5 - Treating People Like People

One of the essential aspects of following Jesus is to be able to see people for who they have been created to be. The rhythms of our lives ought to reflect the infinite value that God has created us with.

Scripture: Mark 2:23-28, Deuteronomy 23:2-3, Isaiah 56:1-3 & 6

Discussion Questions

1. Do you have a regularly rhythm of rest in our life? If so, how has that changed (if at all) during the last couple of months? What are the challenges in establishing regular, deep rest for you?
2. Read Mark 2:23-28. Why is the Sabbath such a big deal to Jesus and his opponents? Are there Scriptures from the Old Testament that help you understand what the Sabbath is about? Who is the Son of Man and what is the significance of that title?
3. God wants us to rest well because He did not create us to be machines that are always productive. What does that say about how God views humans? How should that inform the expectations we have for ourselves? How should that inform the expectations we have for others? (Our employees, coworkers, friends, family members, and others in our communities/the world in general?)
4. In Leviticus 25:2-7, there are commands to let the land rest. Why do you think that would be included? What does this tell us about how we should view the earth and how we treat the environment?

Moving Forward

We live in a culture that can be very individualistic and consumeristic. What are some of the implications of the Sabbath principle for those of us who live in such a society? What are some ways that we can think and act differently to reflect the dignity and respect that God has for all people?