

**1) Don't miss the greater rest for the lesser work. (1-8)**

1. Everyone tends to lean toward legalism or lawlessness. Which are you?
2. Have you or others that have influenced you been legalistic in the following areas? In what ways have you or others added regulations to God's Word in these areas?
  - Alcohol
  - Entertainment
  - Serving in ministry
  - Reading God's Word
  - Tithing
  - Others areas?
3. Lawlessness is not the answer to legalism. Have you reacted to legalism with lawlessness in the same areas? In what ways have you ignored God's Word in these areas?
4. Have you set yourself up as self-appointed judge over others like the Pharisees?
5. Jesus is the Lord of the Sabbath. How have you known Jesus as the new and better temple? Priest? Bread of the presence? David?

**Five truths about the Sabbath**

1. The Sabbath was created by God. Gen. 2:2
2. Resting on the Sabbath is commanded by God. Exodus 20:8-9
3. The Sabbath is a gift to be enjoyed. Mark 2:27
4. The Sabbath was a symbol for the rest found only in Jesus. Col. 2:16-17
5. Resting from work on the Sabbath can't produce rest for your soul. Heb. 4:9-10
6. Have you celebrated the Sabbath regularly as God's gift to you? What affects has ignoring the Sabbath had on your life? How does a lack of trust in God keep us from resting from work?

**2) Don't miss the treasure for the trivial (9-14)**

1. In what way are you like the man in verse 10?
2. In what way are you like the sheep in verse 11?
3. Have you had a hard time seeing yourself as valuable to God? Does your religious prejudice prevent you from loving people who are withered or who have fallen into a pit? How are you currently "taking hold" and "lifting up" others who are needy?

**3) Don't miss the gospel of grace for the hopelessness of religion. (15-21)**

1. Have you been bruised by sin or bad religion?
2. Has your "wick" ever burned out on bad religion?
3. How has the gospel brought hope to your life this week?

**Additional Scripture**

- Proverbs 30:5-6
- James 4:6 "God resists the proud.
- Matthew 23
- Mark 6:1-11
- Isaiah 42