



Things to Talk About and Reflect Upon

"Finding Rest"

Points from Sunday's Message

Point 1 - The Sabbath was never a burden to carry. It's a gift of rest and freedom, and Jesus is the one who gives it.

Point 2 - What's keeping you from resting in Jesus?

Point 3 - When the kingdom of God is present, things grow and things change. It shelters people and it transforms them.

Key Verse:

"So ought not this woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the Sabbath?"

—Luke 13:16

Discussion Questions:

1. Who do I need to see?

For eighteen years a woman sat in the synagogue bent double, unable to look anyone in the eye. Pastor Jason said that when someone is different, we tend to do one of two things — "we either pity or we pretend not to notice." She wasn't there looking for Jesus, but Jesus was looking for her. Read Luke 13:10–13. Jason told about a memorial where, while everyone else gathered over sandwiches, the man's sister sat alone in the sanctuary. Who is easy for you to walk past — at church, at work, in your own family? This week, pray the prayer he suggested, "Lord, who do I need to see?" and act on the first name that comes to mind.

Further Reading: Genesis 16:7–13; Luke 19:1–10; Mark 10:46–52; James 2:1–4

2. Wrong day for that, buddy

The synagogue leader didn't rebuke Jesus; he scolded the crowd — come be healed on one of the other six days. Jason laid out his logic: healing is work, work breaks the Sabbath, so this woman broke the Sabbath by needing to be healed. Jesus answered

with a donkey you'd untie and lead to water, using the same word for untying the animal as for loosing this daughter of Abraham. Read Luke 13:14–16. Why do rules sometimes feel safer than people's needs? Jason warned that longtime churchgoers can end up in the leader's chair, thinking, "Wrong day, wrong people, wrong method. That's not how we do things here." Where might that sentence be hiding in you, or in us?

Further Reading: Mark 3:1–6; Luke 14:1–6; Matthew 23:23–24; Hosea 6:6

3. A gift, not a burden

Jason traced the Sabbath from creation, where God rested not because He was tired but to set a pattern, to the reminder in Deuteronomy that Israel was no longer enslaved in Egypt, making bricks without straw. The land got a Sabbath year, and debts were released in the Jubilee. Jesus said, "The Sabbath was made for man, and not man for the Sabbath." Read Deuteronomy 5:12–15 and Mark 2:27–28. Jason remembered a town in Iowa where you bought gas outside city limits on Sunday so nobody would see you. How does seeing the Sabbath as a gift of freedom, not a list of can'ts, change the way you think about a day of rest? What would a Sabbath that brought rejoicing look like for you?

Further Reading: Genesis 2:1–3; Exodus 20:8–11; Leviticus 25:8–12; Isaiah 58:13–14

4. Why rest feels like work

Jason admitted, "I'm so bad at this," and gave six reasons rest feels like work: we measure our worth by productivity, stopping exposes what busyness covered, idle time feels like sin, rest takes preparation, rest takes trust, and freedom feels strange. His bonus reason was his own — finding holy reasons to skip it, like the eight years he gave his vacations to other people's kids. Read Exodus 16:22–30. Which reason sounds most like you? This week, ask (with your spouse, if you're married), "What does a Sabbath look like for us?" Then name one thing you'll do ahead of time to "gather double."

Further Reading: Exodus 16:22–30; Hebrews 4:9–11; Psalm 127:1–2; Matthew 11:28–30; Mark 6:30–32

5. Drag them into the light

When Jesus finished, "all His adversaries were put to shame." Their position fell apart the moment it was said out loud: water the donkey, leave the daughter of Abraham bound. Jason said we have a crowd of critics too — "ours just usually live inside our head" — and those voices collapse the same way when we bring them to Jesus. When your mind says you're not enough or not doing enough, he suggested answering, "I was enough that Jesus died for me." What accusing voice do you hear most often, and what does Scripture say back to it? When was the last time you honestly rejoiced over something you saw God do?

Further Reading: Romans 5:6–8; Romans 8:1, 31–39; 1 John 3:19–20; Zephaniah 3:17

6. Mustard seeds and leaven

Jesus said “therefore” and went straight into two pictures of the kingdom. A mustard seed usually grows into a bush, but in His telling it becomes a tree where the birds nest — the opposite of last week’s barren fig tree that just took up space. A little leaven works through fifty pounds of flour, which Jason figured is enough for five or six hundred donuts. The kingdom grows, shelters and transforms, though he warned that the “leaven of the Pharisees” spreads the same way. Read Luke 13:18–21. Where have you seen the kingdom quietly growing? If nothing seems to be rising, take Jason’s advice: find someone whose life is growing and ask, “What do you see in my life?” Who will you ask this week?

Further Reading: Matthew 13:31–33; Ezekiel 17:22–24; Luke 12:1; Galatians 5:7–9; Philippians 1:6

Use these blended questions for deeper personal reflection, prayer, or small group discussion.