



# KINGDOM

THE KING AND HIS

A STUDY IN MARK

## Week 3: Rebelling Against Religion

Through stories of Sabbath controversies and criticism, Mark shows us the heart of Jesus. He wasn't about rigid rules but about relational connection. In these stories, we see Jesus challenging legalism, prioritizing grace, and offering a deeper rest that only He can provide. The gospel is not about earning acceptance, but living out of the acceptance already given to us through Jesus. It's an invitation to find freedom, hope, and the life-giving rest our souls truly need.

### Discussion Questions:

1. **Read Mark 2:23-3:5.** What do you think Jesus means by, "The Sabbath was made for man, not man for the Sabbath,"? How does this challenge the Pharisees' understanding of God's law?
2. How does the story of Jesus healing the man's hand show the heart of God for people over rules? Have you ever struggled with legalism (focusing on rules over relationship)? How can we avoid falling into this mindset while still living in obedience to God?
3. Jesus redefined obedience as a response to grace rather than a means to earn God's favor. How does that shift in perspective impact the way you live your faith? Is there an area in your life where you've been striving to "earn" God's approval? How can you rest in the truth of the Gospel formula: Acceptance = Obedience?
4. How does knowing that Jesus is the "Lord of the Sabbath" invite us into a deeper, lasting rest beyond just a weekly practice? What steps could you take to experience more rest, restoration and connection with God?
5. Pray for a heart that prioritizes God's purpose and people over rules or traditions. Ask God for wisdom to live out the freedom and rest found in Jesus, sharing it with others through love and grace.