

Life of Christ

A study of the life and teachings of Jesus

LIFE GROUP DISCUSSION GUIDE

WEEK 8 | The Way of Jesus

SUNDAY, November 1, covering Life of Christ from Day 45-51



Life Group Schedule

PREP Review the weekend service online. Read through each Scripture reference prayerfully. Invite the Holy Spirit to show you any correction you need to make around this week's topic. Be willing to be open, humble, and honest with your group about what He is showing you.

10 MIN Log In, chat, check on everybody! Remember, be a facilitator of conversation, not a preacher! Talk little, listen more, and have fun! Keep in mind we do this for community and for each of us to grow closer in our relationships with God.

15 MIN ICE BREAKER: Several ice breaker game suggestions can be located at [BIT.LY/NLCLIFEGROUP_ICEBREAKERS](https://bit.ly/NLCLIFEGROUP_ICEBREAKERS). Take your pick, and enjoy the game together!

TRANSITION: SPEND SOME TIME IN WORSHIP & PRAYER

30-45 MIN | THE WAY OF JESUS

MARK 2:23-28

Q1. What does the Sabbath mean?

EXOD 20:8-11

- To meet with Jesus
- The Sabbath was made for man, not the man for Sabbath

Q2. Are you guilty of breaking the commandment of the Sabbath? What is the cost of breaking it? What is the benefit of keeping it?

- If you break this Commandment, the Commandment will break you.
- If you keep this Commandment, the Commandment will keep you.

THREE THINGS THAT STAND OUT WITH THE SABBATH

1. To Rest

Q3. What does rest look like for you? Are you currently rested? If not, what would it take to get rested?

- Rest is God's design and blessing.
- Human need is more important than some religious ritual.

2. To Stop

Q4. What do you need to stop in your life? Do you take the seventh day off? If yes, what does that day look like for you?

- Working, worrying, wanting.
- God gave us this unique rhythm: work, work, work, work, work, work, rest.
- You have to know when to stop. (like music, it could just become noise)

3. To Enjoy

Q5. What do you enjoy? What has God blessed you with?

GEN 2:2-3

- God wants you to enjoy your relationship with him, enjoy your family.
- Enjoy the blessing of creation that He has given us.
- God took a day off! He breathed in and enjoyed His creation: He is showing us how to do Sabbath.

Q6. When was the last time you stopped, unplugged, rested, and enjoyed your relationship with God?

- Out of rhythm with God, with Jesus, with family
- The condition of our life is a result of the way that we live our life.

Q7. What is your work ethic? How does it show itself in your life? Have you ever been burned out, hit a wall, or your body said "no"?

- "ism" or "aholic"?
- "To achieve success, whatever the job, we have and we must pay the price."
- Sacrifice relationships on the altar of work, ministry, etc.

Q8. What burdens are you currently carrying?

- You can't take the burden of others if you're not taking it to God in prayer.
- God wants to give you rest today. That is what the Sabbath is all about.

Q9. How does our culture measure success? What is the cost of success right now in your life? Is there something you are afraid of?

MATT 16:26

- You can gain the whole church, success, career and still lose your soul.
- Fear of not having enough or fear of losing what you have.

Q10. What do you need to change to live in the Sabbath?

- (See Quiz Below)
 - Rest, Stop, Enjoy = Sabbath
- MATT 11:28-29, 30**
- If you want to find rest, it's Jesus. If you want to stop and take a moment, it's all about Jesus. If you want to enjoy life and the things God has blessed you with, it's walking with Jesus, being a follower of Christ.

HERE IS HOW YOU TAKE A REAL SABBATH

- 1. Come to Jesus
- 2. Connect with Jesus
- 3. Let Jesus Change You

Q11. How do you need to be changed by Jesus? What does Jesus say to do?

- When Jesus changes you he wants to refresh you physically, spiritually, and emotionally.
- Exchange your life for Jesus' way of living.
- "unforced rhythms of grace"
- The first step is repentance, examining our hearts

QUIZ

- Are you always in a hurry or rushed?
- Do you use your day off just to catch up with unfinished work?
- Has more than one person ever told you to slow down?
- Do you get mad, frustrated, or easily annoyed at people who are close to you?
- Have you ever kicked the dog or cat for no reason?
- Do you feel disconnected from your identity and your calling?
- Do you feel disconnected from God or even from your own soul?
- Has this Covid season shown you it is hard to find rest?

TAKE PRAYER REQUESTS AND PRAY OVER NEEDS

CONFIRM OR SCHEDULE YOUR NEXT MEETING, WHETHER LIVE OR VIRTUAL

Leaders: Please share your email address and cell numbers. Be available!

- For more ideas, check out [VIRTUAL LIFE GROUP PLAN](#).
- As Life Group leaders—the hands, feet and voice of Jesus—remember “CPR”:
 - › C – Check-In and Care for People at least weekly
 - › P – Pray with and for them often
 - › R – Remember Scripture. God's Word is powerful!
- Group Participation Guideline Reminders:
 - › Do not share anything that will embarrass anyone, including your spouse.
 - › If called on you may pass on any questions you do not want to answer.
 - › Allow time for everyone to share; do not dominate the conversation.
 - › What is said in the group stays in the group. Use common sense and know when something shared is personal and should remain confidential.

For Daily Prayer: The following linked resources can help strengthen our prayer lives

- [Foundations, Session 4: "WHAT IS PRAYER?"](#)
- [THE LORD'S PRAYER PATTERN](#)
- [THE PRAYER OF JABEZ PRAYER PATTERN](#)
- [THE TRINITY PRAYER PATTERN](#)