

Questions for Your Journal

Use these following questions to evaluate what you learned from Sunday's sermon.

Summary:

- The main thing the speaker wants me to do, be, and/or feel as a result of this message.

Application to My Life:

- What did God say to me through this message?
 - How does my life measure up to this word?
 - What action(s) will I take to bring my life in line with this word?
 - What truth do I need to study further?
-

The Sabbath was Made for Man

In Mark 2:23–28, Jesus is taken to task by the Pharisees after His disciples plucked ripe grain and ate it on the Sabbath. According to their Rabbis, this was a sub-category of reaping, which was an activity that expressly prohibited by God on the Sabbath (Ex. 34:21). But more was at stake than simple disobedience. For the Jews of Jesus' day, the Sabbath had become less of a worshipful and prayerful rest from one's normal obligations, and more of "a religious mark of personal and national holiness."¹ So while they might have seemed passionately committed to God, the Pharisees had lost sight of the Sabbath's true purpose. They had become so consumed with the outward customs and the opportunity to be seen as "righteous," they were blind to opportunities to do the good things in which God delights.

Their attitude made the Sabbath a perfect time for Jesus to emphasize what is valuable in God's kingdom. According to the kingdom life that Jesus was teaching His disciples to live, God's people are not to be known by the typical badges of nationalistic and pietistic pride, but by the presence of Christ among them. Therefore, the disciples were totally within their right to pluck grain and eat it on the Sabbath day because Jesus is Lord, even of the Sabbath (Mk. 2:28).

This story brings an important principle into focus: Jesus calls people to leave behind the idea of earning a privileged place in God's kingdom by their religious observance in order to find rest and rejuvenation in Him. To put it another way, kingdom righteousness is not about what you do—e.g., Sabbath observance or Bible reading—but about your relationship with Him—Do you know Him? Do you love Him? Jesus' interaction with the Pharisees should alert us to the ways God's people use even the good things He gives us as badges of pride. We read our Bibles and memorize Scripture and develop fruitful prayer lives out of a desperate need for God, but a little time passes, and we develop this idea that people ought to aspire to our level of spirituality. No doubt, it's a subtle shift. Few Christians start out like this. But over time, good motives drift until the disciplines God gives us to walk with Him become an end in themselves. We forget that no amount of Bible

reading, memory, or meditation is ever going to change us from the sinful people we are into the holy people we're called to be unless Christ is present in our lives.

But the good news is this: since Jesus is Lord of everything, he's taking even the things that become badges of identity and piety, and He's transforming them. He's saying to us, it's not enough to simply be a good dad or mom, a good husband or wife, a faithful employee, a good Bible reader, a true prayer warrior. Get beyond the external behavior and see what's important. If you want to truly honor Me, the only proper thing to do is to identify yourself with Me. Trust me and follow me. Then the spiritual disciplines can serve their true purpose. You'll find you weren't made for them, but I made them for you.

Encounter

Take a few minutes to read Deuteronomy 5:12–15 in a couple of Bible translations. Make a note of any differences between the translations and anything that especially jumps out at you.

Reflect

In Deuteronomy 5:12–15, God instructs His people about the Sabbath-keeping He requires of them. Though it was a command that Israel was obligated to obey, God had a purpose for the Sabbath. **Read Deuteronomy 5:12–15 and think back to Sunday's sermon. What was God's purpose in giving Israel the Sabbath?**

Deuteronomy 5:12–15 is a reminder of God's initial command to keep the Sabbath holy (Ex. 20:8–11). **Read Exodus 20:8–11. How does this command differ from the command in Deuteronomy 5? How does God's own Sabbath rest provide another motivation to enjoy the rest He gives?**

The author of the Letter to the Hebrews points to the Sabbath rest God experiences as a future blessing given to those who trust God's promise and live accordingly (Heb. 3:12–4:16). **Read Hebrews 4:3–13. How does the Sabbath serve as a symbol of the eternal state of peace and fellowship we'll experience with God? Do you experience that—even in part!—now?**

Have you ever practiced a weekly rhythm of Sabbath-keeping? How could you begin incorporating this helpful discipline into your life? What should you expect to receive from God in practicing it?

Examine

Based on 2 Timothy 3:16 (“*All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness*”), this series of questions is intended to help you figure out what you should do or believe in response to this text. (*This passage may not have a clear answer for each question. Just use them to prompt your thinking.*)

1. **What does this passage tell me to believe?**

(How does it teach me?)

2. **What does this passage tell me not to believe?**

(How does it reprove me?)

3. How does this passage tell me not to live?

(How does it correct me?)

4. How does this passage tell me to live?

(How does it train me in righteousness?)

Embrace

After spending significant time with this passage, you've probably learned a lot and heard God speak to you through His Word. Look back at your responses to the previous questions and ask God to show you how you can respond to this text this week.

Write down some ideas for how you can respond to the truth of God's Word.

About The Map

The Map exists to help you consistently reflect on Scripture as you pursue maturity in Christ. When you devote yourself to reading God's Word, and meditate on what you read, you're allowing Him to shape your thoughts, attitudes, and behaviors.

NOTES:

1. Craig J. Slane, "Sabbath," *Evangelical Dictionary of Biblical Theology* (Grand Rapids: Baker Book House, 1996), 698.



Disciple-Making Guide

Kids Kindergarten through 6th grade receive Adventure Tokens for discipleship activities completed during the week. They can spend them at the Adventure Store on the last Sunday of the month.

Big Picture Questions for Unit 33: “The God Who Changes Us”

Preschool: Q: Who changes us?
A: *God changes us to be like Jesus.*

Kids (1-6): Q: Who changes us?
A: *The Holy Spirit changes us to be like Jesus for God’s glory.*

This Week’s Family Reading Plan

for Preschoolers: *The Genealogy of Christ**

Day 1: 2 Samuel 1, 2:1-7

Day 2: 2 Samuel 3:1, 5, Psalm 23

Day 3: 2 Samuel 6-7

Day 4: Psalm 18, 2 Samuel 9

Day 5: 2 Samuel 11-12

**Preschool readings are taken from [The Big Picture Interactive Bible Stories for Toddlers, Old Testament](#) (B&H Publishing Group), available at [Amazon.com](#) & [LifeWay Christian Store](#).*

Key Passage for Unit 33: “The God Who Changes Us”

Preschoolers: “Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come! (2 Corinthians 5:17, CSB)

Kids (1-6 grade): “Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come! (2 Corinthians 5:17, CSB)

Northway’s Family Ministry uses *The Gospel Project* to help preschoolers, kids, and students grow in their knowledge of Scripture and of Jesus Christ, about whom it was all written (Luke 24:44-49).



Adventure Token Coupon

Fill this out and bring it to Bible Study for your tokens!

I worked on learning my big picture question and key passage _____.

I read my Bible at home _____.

Child’s Name _____.

Parent’s Signature _____.

30 BIBLICAL BASICS

CORE BELIEFS

God | 2 Corinthians 13:13

I believe the God of the Bible is the only true God; Father, Son, and Holy Spirit.

Personal God | Psalm 121:1-2

I believe God is involved in and cares about my daily life.

Salvation by Grace | Ephesians 2:8-9

I believe a person comes into a right relationship with God by His grace, through faith in Jesus Christ.

Authority of the Bible | 2 Timothy 3:16-17

I believe the Bible is the inspired Word of God that guides my belief and action.

Identity in Christ | John 1:12

I believe I am significant because of my position as a child of God.

Church | Ephesians 4:15

I believe the church is God's primary way to accomplish His purposes on earth.

Humanity | John 3:16

I believe all people are loved by God and need Jesus Christ as their Savior.

Compassion | Psalm 82:3-4

I believe God calls all Christians to show compassion to those in need.

Stewardship | Psalm 24:1-2

I believe that everything I am and everything I own belong to God.

Eternity | John 14:1-2

I believe there is a heaven and a hell and that Jesus will return to judge all people and to establish His eternal kingdom.

CORE PRACTICES

Worship | Psalm 95:1-2

I worship God for who He is and what He has done for me.

Prayer | Psalm 66:18-20

I pray to God to know him, to find direction for my life, and to lay my requests before him.

Bible Study | Hebrews 4:12

I study the Bible to know God and his truth, and to find direction for my daily life.

Single-mindedness | Matthew 6:33

I focus on God and His priorities for my life.

Total Surrender | Romans 12:1

I dedicate my life to God's purposes.

Biblical Community | Acts 2:44-47

I fellowship with other Christians to accomplish God's purposes in my life, in the life of others, and in the world.

Spiritual Gifts | Romans 12:4-6

I know my spiritual gifts and use them to fulfill God's purposes.

Offering My Time | Colossians 3:17

I offer my time to fulfill God's purposes.

Giving My Resources | 2 Corinthians 8:7

I give my resources to fulfill God's purposes.

Sharing My Faith | Ephesians 6:19-20

I share my faith with others to fulfill God's purposes.

CORE VIRTUES

Love | 1 John 4:10-12

I am committed to loving God and loving others.

Joy | John 15:11

Despite my circumstances, I feel inner contentment and understand my purpose in life.

Peace | Philippians 4:6-7

I am free from anxiety because I have found peace with God, peace with others, and peace with myself.

Self-Control | Titus 2:11-13

I have the power through Christ to control myself.

Hope | Hebrews 6:19-20

I can cope with the hardships of life because of the hope I have in Jesus Christ.

Patience | Proverbs 14:29

I am slow to anger and endure patiently under the unavoidable pressures of life.

Kindness/Goodness | 1 Thessalonians 5:15

I choose to be kind and good in my relationships with others.

Faithfulness | Proverbs 3:3-4

I have established a good name with God and with others based on my loyalty to those relationships.

Gentleness | Philippians 4:5

I am thoughtful, considerate and calm in dealing with others.

Humility | Philippians 2:3-4

I choose to esteem others above myself.

The 30 Biblical Basics are the skeleton of a person being formed into the image of Jesus by His Spirit (Rom. 8:29; 2 Cor. 3:18), a helpful framework for the Christian's thoughts, actions, and character. As we commit ourselves to growing in Christ through the process of spiritual formation, we pray these statements become increasingly true of us. When they are, we'll be able to carry out the biblical mandate to "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, "Love your neighbor as yourself" (Luke 10:27), and to truly **love, live, and lead like Jesus.**