



LIFE GROUP NOTES

Week Beginning: 19th November 2023



John 5:2-25 Sabbath Switches

Warm Up

What do you like to do on your day off? If you are retired, (and every day is a day off!) what is the thing you do that is just for you? How do you relax and find rest?

Background and context

The fourth commandment provides us with a Sabbath day, a day of rest on the seventh day, after a week of work, which was to be holy to the Lord. In addition the Levites, priests and teachers of the law created hundreds of explanations of what work and rest meant. These became Sabbath laws. They were intended to be helpful but in reality many of them restricted movement, prevented many good things from happening and tied up the people with unnecessary regulations. Even today strict Jews observe many of the Sabbath laws. Jesus regularly challenged these human made laws and came into conflict with the Pharisees as a result. This passage is a picture of the gospel. Through the work of Jesus, an undeserving man receives true rest and restoration.

Thinking it through: Main discussion/activity



READ John 5:2-25. What are the surprising things in the passage? What is new? What don't you really understand? This could be a time to discuss and share reflections and ideas on the passage or watch a Bible project type video that helps explain things.

1. What was stopping the man from receiving healing and restoration? Is this a picture of the human condition?
2. **Read v 9-13.** Why were "the Jews" more interested in law breaking than celebrating a healing? How might this attitude prevent us receiving restoration from Jesus?
3. **Read v16-25.** Jesus suggests that if the Jews don't like His healing on the Sabbath then they will be more upset when God raises the dead! What does Jesus reveal about Himself in this section of the passage? How does it confirm His healing of the man?
4. How is the account of the healing of the man a reflection of the gospel itself?
5. In the New Testament, the church moves the Sabbath to the 1st day of the week. How might this also be a picture of the gospel message?
6. **Read Matthew 11:28-30 and Hebrews 4:9.** How do these verses differ from the Mosaic law that rewards work with rest?
7. **Read Colossians 2:16-17.** What does this teach us about observance of special days? Where should our focus always be?

Growing in discipleship: Practical application



8. What stops us receiving a proper "Sabbath rest"?
9. Having a day off is NOT Sabbath rest. What does Sabbath rest mean to you?

Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.