



Mark 2:23-3:6 (NIV)

He looked around at them in anger and, deeply distressed at their stubborn hearts...

Mark 3:5A (NIV)

Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus. **Mark 3:6 (NIV)**

"If you love me, keep my commands." **John 14:15 (NIV)**

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another." **John 13:34-35 (NIV)**

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Matthew 11:28-30 (NIV)

Reflection Questions:

- 1) Do you have more of a tendency to find faults in other people or to find ways to commend and encourage them?
- 2) Is there any situation where it is our right and our duty to find fault in others?
- 3) What rules do you find yourself using to judge the spirituality of yourself and others?
- 4) What is God's heart for us in providing a Sabbath? If Sabbath means to "cease", where are places in your life that you need to "cease" striving and rest in God?
- 5) With regard to God's commandments, why is it helpful to ask how God wants to protect and provide for us and others through this command?
- 6) What kinds of people make you angry? How do you relate to people who are caught up in a cycle of self-destructive sin? How do you relate to people who claim to be righteous but who flout the ways of God?
- 7) How does answering the question, "What does love require of me?" help us with making moral, ethical, relational, and spiritual decisions? Is this more or less demanding than simply keeping commandments?
- 8) Give some examples of how applying the question, "What does love require of me?" change the way you live and make decisions.