



JESUS ON THE MOVE

TALK IT OVER

From Ruined to Restored

Jesus on the Move - Part 2, Week 3

Pastor Andy Wood

June 27-28, 2026

If you would like to watch the weekend message, visit www.saddleback.com/watch.

Open your group in prayer and remember that this is only a guide. Feel free to discuss each of the questions provided or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions at the end of the document.

Scriptures

Mark 2:23-3:6 (NIV84), Exodus 20:8-11 (NIV), Deuteronomy 5:15 (NIV), Matthew 11:28-30 (NIV), Mark 2:27-28 (NIV84), Romans 8:1 (NIV), Romans 8:39 (NIV), Romans 8:12-13 (NIV), Mark 3:1-6 (NIV84), Mark 2:27 (NIV)

Questions

1. In "Jesus On the Move," God is taking His people "From Ruined to Restored"! Read Mark 2:23-28 (NIV84), "Jesus Is Lord of the Sabbath," aloud in your group: *"One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, 'Look, why are they doing what is unlawful on the Sabbath?' He answered, 'Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.' Then he said to them, 'The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.'" Who did Jesus say the Sabbath was made for? How did He define Himself in relation to the Sabbath? After the religious leaders added rules to God's law, Jesus came to restore the people from the ruin that that caused them. What did the disciples do that so outraged the Pharisees? In Mark 2:23-28 above, how did Jesus take the Pharisees' "letter of the law" and restore it to the Spirit of the law?*
2. Read Mark 3:1-6 (NIV84), "Jesus Heals on the Sabbath," aloud in your group: *"Another time he went into the synagogue, and a man with a shriveled hand was there. Some of them were looking for a*

reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. Jesus said to the man with the shriveled hand, 'Stand up in front of everyone.' Then Jesus asked them, 'Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?' But they remained silent. He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, 'Stretch out your hand.' He stretched it out, and his hand was completely restored. Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus." What two comparisons does Jesus make in Mark 3:1-6 above to explain what is "lawful on the Sabbath"? Discuss how man's rules are a weight that God never meant for His people to carry—and the irony that the Pharisees plotted to kill Jesus!

3. God's primary command with regard to the Sabbath day is given in Exodus 20:8-11 (NIV):
"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy." Discuss God's purpose for the Sabbath and how He anchors it in creation. How does the Sabbath reflect God's loving character by setting healthy boundaries that are designed to be both a restriction and a blessing?
4. In Deuteronomy 5:15 (NIV), God also anchors His purpose for the Sabbath in The Exodus:
"Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day." In Exodus 20:8-11 in Question 3 above, we see that God's Sabbath is an invitation to rest anchored in creation, and in Deuteronomy 5:15, we see that it is also an invitation to remember His power to deliver anchored in The Exodus! Discuss the ways in which these verses illustrate the Lord's identity as both our Creator and Savior!
5. Jesus is not after our religious performance—He's after our hearts! We can rest when we stop carrying the weight of relationship with God based on our human merit. Jesus said in Matthew 11:28-30 (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."* In the passage, what two reasons does He give for taking His yoke upon us and learning from Him? How does the passage reflect the character of God as caring and compassionate? Discuss the benefits of being yoked with the Lord, side-by-side! Discuss how a believer's identity is based on who Jesus is—and what He has accomplished through His righteous life, His sacrificial death, and His resurrection from the dead—all on our behalf! Our response back to God should not be the burden of religious performance—but rather an overflowing heart grateful for what Christ has done for us!

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6. God sets boundaries in His commands for our blessing! The Ten Commandments both keep us from ruin and also restore us: (1) You shall have no other gods before me, (2) You shall not make idols, (3) You shall not take the name of the Lord your God in vain, (4) Remember the Sabbath day, to keep it holy, (5) Honor your father and your mother, (6) You shall not murder, (7) You shall not commit adultery, (8) You shall not steal, (9) You shall not bear false witness against your neighbor, and (10) You shall not covet. Two extremes with regard to God's commands are: (1) Adding to them and making them burdensome, and (2) Brushing them off and making them optional. Discuss how God's Ten Commandments—properly understood—keep us from ruin and lead to our flourishing.

7. God calls us to participate in His healing work! Romans 8:1 (NIV) says, *"Therefore, there is now no condemnation for those who are in Christ Jesus."* Romans 8:39 (NIV) says, *"Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."* In between these two promises, we find God's call in Romans 8:12-13 (NIV), *"Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live."* How do these three passages taken together balance God's grace with our responsibility? Discuss in your group where you are "withering" today. Perhaps it is a withered relationship, investment, dream, or family life. Perhaps it is an insecurity, inability, failure, weakness, fear, or self-doubt. Perhaps it is the shame and guilt of moral failure, a memory that has scarred you, the opinion of another, or an addiction or a habit or a thought pattern that you cannot seem to overcome. What would it mean for Jesus to free you? How can you apply the lesson of the man with a withered hand—and "Stand up" and "Take a risk" today!? What first step can you take to be yoked side-by-side with Christ—even in an area where you may feel uncomfortable? In your group, share a withered area in your life that you'd like to ask Jesus to move you "From Ruined to Restored!" Pray aloud for one another.

Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they and what they, or the group, can do as a result of hearing the message.

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change, or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you've learned today?*

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