

A Dangerous Act

To Rest – Matthew 26:6-13

Discussion Points

March 13, 2022

Read/Reflect

1. Read Matthew 26:6-13. Imagine yourself present in the company of Jesus while this dramatic incident takes place. What would your reaction be? Would you have more likely sided with the woman or with the disciples in your assessment of this incident?
2. How do you think any of the people in the room, including the woman anointing Jesus, reacted to Jesus' statement that this incident occurred to prepare Jesus for burial (vs.12)?

Explore

3. How do you follow God's command to "rest on the Sabbath?" What was God doing when he "rested on the seventh day."
4. Are you more of an "activist" (doing) or "contemplative" (being/rest)? How could you nurture the aspect that is weaker in your life? Why is it not just about doing more? Why is it not just about trusting God?
5. If Sabbath practices are neither mere leisure nor simply about doing nothing what rhythms do you develop that establish rest in your life?
 - Unstructured time with friends or deep conversation with someone you care about
 - Outdoor events that remind me God is the great Creator
 - Spending time with your children apart from their "stuff"
 - Weekly worship of God as a priority, offering thanks
 - Nurturing your soul regularly through a spiritual discipline
 - A regular time to remember the broken, forgotten, poor
 - Other: _____

Pray

✝ Pray Psalm 62 as you apply it to justice issues around you:

⁵ Yes, my soul, find rest in God; my hope comes from him.

⁶ Truly he is my rock and my salvation;

he is my fortress, I will not be shaken.

⁷ My salvation and my honor depend on God;

he is my mighty rock, my refuge.

⁸ Trust in him at all times, you people;

pour out your hearts to him, for God is our refuge.

✝ Pray (perhaps for each other if in a group) that in your worship of God you would find rest and peace so as to be salt and light in the world as you work for justice, righteousness, and peace.



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