

Home Group Notes: Week Beginning Sunday 17th May 2026

REFLECTION [suggest 15 mins]

Have you found time to rest this week? What do you do to de-compress and de-stress? Share with the group one thing which has been a personal blessing this week. What has been difficult for you?

PRAISE THROUGH WORSHIP & WORD [suggest 10 – 20 mins]

Read together: Revelation 4:1-11. Use these verses to inform your prayers of praise and thanksgiving.

STUDY [suggest 30 - 60 mins]

Read Luke 6:1-5. Consider some or all of the following questions together:

Q. Why did Jesus' disciples pick heads of grain and eat the kernels? What does this suggest about Jesus' disciples? Why did the Pharisees rebuke them? (**see Ex. 20:8-10**). What did Jesus teach them from David's example? (**1 Samuel 21:1-6; Leviticus 24:9**) How was Jesus' view of the law different from that of the Pharisees? What can we learn from Jesus about the spirit of the law? What do Jesus' words, "*The Son of Man is Lord of the Sabbath*" mean?

Q. Read Hebrews 4:1-11. What does Sabbath rest mean to you? Share with the group the ways in which you rest physically & spiritually. In what ways can '*the Sabbath-Rest of God*' (**v.9-11**) be a metaphor for salvation? Do we live our lives from a place of resting in the grace and goodness of God? What would that look like? If you had to explain to someone, whose religion revolved around 'works', the concept of '*the Sabbath-Rest of God*', what would you say?

Q. Read Luke 6:6-11. Think of the troubles this man must have had because of his shrivelled hand. How did the Pharisees view this man and how did they try to use him? How was Jesus' view of this man different from that of the Pharisees? How did Jesus respond to their challenge of His messianic ministry? Why did he not heal the man privately, on some other day? What did He teach the religious leaders about good and evil and the purpose of the Sabbath? What did it cost Jesus to help this one poor? What can we learn here from Jesus?

Q. Read Luke 6:12-16. After His conflict with the Pharisees, what did Jesus do? Why? What might he have prayed about? Why did He choose twelve of His disciples and designate them apostles right from the beginning of His ministry? What does this suggest about Jesus' purpose in choosing them? What kind of men were the disciples? What do you think were His criteria for selecting those he would train?

Q. You are also called to be a disciple of Jesus. In what ways do our lives mirror the first disciples? In what ways do they not? Is every Christian a disciple? If not, why not?

CLOSE YOUR TIME BY PRAYING TOGETHER [suggested 15 mins]