



February 2, 2025
Breaking the Sabbath
John 5:1-18

1. In what ways do people today look for healing or hope in the superstition or spiritualism, like the man at the pool?
2. Why do you think Jesus asks the man, “Do you want to be healed?” (v. 6) How does the man respond to Jesus' question, and what does this reveal about him?
3. What was the original intent of the Sabbath command in Exodus 20:8-11, and how did Sabbath laws evolve over time from biblical commands to rigid legalism?

What ways are we still tempted to legalism in our spiritual lives?

4. How have you seen this truth play out in your own spiritual life – “what God commands, He also provides for”?

*Run, John, and work, the law commands,
yet finds me neither feet nor hands,
But sweeter news the gospel brings,
it bids me fly and gives me wings!*

John Berridge (1716–1793)

5. How does Jesus' response in verse 17 (“My Father is working until now, and I am working”) escalate the conflict with the Jewish leaders? What does this verse tell us about His identity and relationship with God?

What do we see about Jesus?

Jesus “called God his own Father, making himself equal with God”

Respond to the sermon:

- **Head:** What did you learn / what were you reminded about who Jesus is?
- **Heart:** What specific steps can you take to grow deeper in your relationship with Christ?
- **Hands:** What ways can you live differently because of these truths?