

## MAIN POINT

Jesus emphasized a heart of compassion over religious traditions, and calls His followers to do the same.

## INTRODUCTION

While you were growing up, what traditions did your family observe? Have you carried on any of those traditions?

Which were your favorite traditions and which were your least favorites? Why? How can traditions be helpful and also hurtful to our walk with Christ?

**Traditions can be important, but if we aren't careful, they can become elevated over the truth of God's Word. When we elevate tradition over Scripture, our traditions inhibit our relationship with God instead of encouraging it. In today's text, we will see how Jesus desired to meet the needs of people, but the Pharisees sought to place additional burdens on people, all in the name of tradition. One mark of growing up in our faith is seeking to show compassion over tradition in the same way Jesus did.**

## DISCUSSION

> READ MARK 2:23-3:6.

Do you practice the Sabbath regularly? If so, describe why and the difference it makes in your life.

Do you find it difficult to rest? If so, why?

How do people today use religious practices to excuse themselves from helping others?

What was the significance of Jesus's words, "Have you never read"?

What do we know about God's design for the Sabbath, based on Scripture? What is it a reminder of? How do we see God's mercy and compassion in the Sabbath? (See Hebrews 4:1-11 and Deuteronomy 5:12-15.)

Read Matthew 12:10 for more context on these events. Why did the Pharisees ask Jesus about healing the man?

What most often gets in the way of you responding to the needs of others?

In Mark 3:5, what emotions did Jesus feel toward the people who were watching Him? Why do you think the religious leaders' attitudes angered Jesus?

What emotions and attitudes do you think the man with the paralyzed hand encountered during this event?

Why did Jesus decide to heal rather than observe the Sabbath?

Do we have any traditions that might get in the way of us focusing solely on God's Word and being disciples of Christ? If so, what are they and how might they be addressed?

## APPLICATION

Who is God calling you to show His compassion to this week? How will you respond in obedience?