

Momentum: Moving With Grace

Discussion & Reflection Questions - Week 2

Read: Luke 13.10-17

¹⁰ Now he was teaching in one of the synagogues on the sabbath. ¹¹ And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. ¹² When Jesus saw her, he called her over and said, 'Woman, you are set free from your ailment.' ¹³ When he laid his hands on her, immediately she stood up straight and began praising God. ¹⁴ But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, 'There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day.' ¹⁵ But the Lord answered him and said, 'You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? ¹⁶ And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?' ¹⁷ When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

Discussion & Reflection Questions

1. By the time of Jesus there were lots of rules around the Sabbath. What is your relationship with rules, do you find them helpful, a hindrance or a bit of both?
2. Shabbat (Sabbath) means 'stop & rest'. What time do you regularly have where you can really stop & rest?
3. What sort of things have you 'stood up for' in the past?
4. How do you think that Christians can &/or should stand up with grace?
5. How easy do you find it to praise God? Do you think something changes in you, your perspective or those around you when we are able to really praise?
6. How do you think we could stand in praise more often?

Prayer

Creator God, you have made us for yourself, and our hearts are restless until they find their rest in you: teach us to offer ourselves to your service, that here we may have your peace, and in the world to come may see you face to face; through Jesus Christ our Lord. Amen.