

Misunderstood Messiah: The Gospel of John

Misunderstood Sabbath

JOHN 5:1-18

CORE TRUTH

Week of April 5, 2026

Jesus invites us to stop striving and receive his grace and rest.

WELCOME to remind us why we're here.

🕒 Spend about 5 minutes here.

Mission – To become more like Jesus – together.

Vision – We work out our salvation side-by-side—with honesty, humility, and hope. We walk with one another, not just to talk about Jesus, but to be transformed by him. (Philippians 2:12-13)

Guidelines – Our Group Guidelines help us live out our mission and vision with kindness and humility. We encourage you to read and discuss the guidelines together regularly—they can be found on the last page.

HEAD to help us examine what the word shows and let in what's true.

🕒 Spend about 10 minutes here.

- What stands out to you in this passage?
- What do you think each person in this story seems to care most about?

HEART to help us wrestle with what we believe and be with each other in it.

🕒 Spend about 30 minutes here.

- Jesus heals the man without being asked and without any evidence of great faith—it is an act of pure grace. Where do you find yourself trying to earn what God is already offering you freely?
- Where does your relationship with God feel more like pressure than rest?
- Jesus doesn't just challenge their understanding of the Sabbath—he offers himself as the source of true rest. Where do you need to come to Jesus and receive rest from him right now?

HANDS to help us live out the truth with the Spirit as we go out into the world.

🕒 Spend about 15 minutes here.

- **Meditate on the following reflection now and throughout the week:** Jesus, help me to intentionally receive from you this week instead of striving to control.
- **Use the following prayer based on Psalm 23 to close your time together:**

The Lord is our shepherd; we lack nothing. He makes us lie down in green pastures
And leads us beside still waters. He restores our souls.. Amen.

LEADER RESOURCES

• [Weekly Leader Video](#) • [Bible Project John Part 1](#) • [Why The Gospel of John Is Special](#) • [Tim Keller Podcasts on John](#) •

NEXT WEEK'S PASSAGE

John 6:1-15, 22-39

GROUPS

DISCIPLESHIP GROUP GUIDELINES

- **Safe Group:** We strive for an environment where everyone can be open, and honest about his or her struggles and victories.
- **Confidentiality:** What is said in the group stays in the group.
- **Listen:** We want to value one another by really listening to what is being shared. Try to avoid thinking about how you are going to respond while someone is sharing.
- **Pause:** Allowing a pause in the conversation after one person shares and before the next person shares gives the person sharing a chance to finish. A pause also gives the group an opportunity to consider before responding.
- **Silence:** It is important to allow silence in the group as it provides an opportunity for people to think deeply, to gather their thoughts in order to share, and to genuinely consider what others have shared.
- **One Conversation at a Time:** Be considerate of others as they are sharing. No side conversations.
- **No Fixing:** We are not here to fix each other; Jesus does that part. Give encouragement and ask questions, but try not to solve or fix one another.
- **No Rescuing:** When people are sharing something deeply personal, please resist the tendency to try to make them feel better about themselves or their situation by providing immediate condolences. This will often cause people to stop sharing.
- **Be Curious:** By asking the next question, we communicate genuine interest. We keep the conversation moving forward while building relationships and intimacy.
- **Be Self-Aware:** Be mindful of how you are personally affecting the small group environment through your words, actions, and non-verbal communication. Be sensitive about the amount of time you share, whether too much (dominating) or not enough (hiding).
- **Use "I" Statements:** It is very easy to talk about other people's issues, but, for our purposes, we want to put ourselves on the table. Use "I" statements rather than "them", "the church", "people", "you", "us", "we", etc.
- **Resolve Conflict Biblically:** As a group we commit to extend grace to one another. Conflict is not bad, it's an opportunity for growth. We are all being transformed to be more like Jesus. Conflict and change are a part of that journey. (Matthew 18)
- **Manage Technology:** Let's respect one another by silencing alerts on our devices.

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