

S1 EP. 2

Shabbat

GROUP DISCUSSION GUIDE

The  
CHOSEN  
Connect



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## S1 EP. 2 Shabbat

# WHY CHOSEN CONNECT?

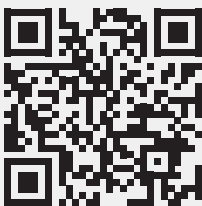
This guide is designed to help your group go beyond simply watching *The Chosen*. It invites them to reflect on the deeper meaning behind the series and explore the same source that inspired its creators—the Bible. As God’s Word, the Bible offers encouragement, wisdom, and direction for our lives today.

As you facilitate the discussions, pray for these outcomes in the lives of participants:

1. Pray that participants will recognise how the Lord is calling them to respond to the biblical stories and truths portrayed in *The Chosen*.
2. Pray that participants will develop a deeper connection with Christ as they encounter him in his Word and among fellow believers.
3. Pray that participants will have an increased desire to read and study Scripture on their own.

## S1 EP. 2 SHABBAT

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This discussion guide also includes a reading plan to help you personally apply the lessons from *The Chosen*. You can go through it on your own or with your group, allowing for deeper reflection and ongoing conversation. Enjoy the journey!

# HOW TO USE THIS MATERIAL

Each episode of *The Chosen* explores many meaningful themes, and it's impossible to cover everything in one discussion. That's why this group discussion guide offers multiple approaches, allowing you to choose the one that best fits your group.

This guide includes four different tracks, each focusing on a unique perspective from the episode. To prepare, we recommend watching the episode on your own first. Then, review the four options and prayerfully select the track that will be most relevant for your group.

Each track begins by inviting *initial reflections* on the episode. Then, it helps the group dig in by reading and discussing Scripture. Finally, it ends by encouraging you to consider how the Lord may be calling you to respond.

Choose what you want to work on and follow the icon of your choice.



## Track 1:

I want to deepen my faith



## Track 2:

I want to learn to live my faith with others



## Track 3:

I want to better understand what Jesus meant



## Track 4:

I want to give hands and feet to my faith





Season 1 episode 2

# TRACK 1: I WANT TO DEEPEN MY FAITH

## Completely different

### Initial reflections

In this episode, Mary says to Nicodemus, *“I was one way ... and now I am completely different. And the thing that happened in between ... was him. ... So yes, I will know him for the rest of my life”* [21:02-24:38 min].

- Like Nicodemus, have you ever witnessed God transform someone else’s life? How did it impact you?
- Have you experienced the kind of transformation Mary is describing? If you feel comfortable, share an example of how Jesus has changed your life.

### Dig in

We could make an “old and new” list of Mary’s life: Mary before and after she met Jesus. Scripture has many passages referring to the old and the new.

*Let’s read 2 Corinthians 5:17 and Colossians 3:5-17.*

- What do these passages tell us about the “old” and the “new”?
- What does it mean that you have “taken off your old self” and have “put on the new self”? (Colossians 3:10 NIV)
- What does that look like in your life today?



### Respond

Let's take a few minutes and make an "old and new" list for your own life. On a piece of paper or your phone, write down behaviours and characteristics that belong to your old nature, before Christ. Then write down behaviours and characteristics that belong to your new nature, with Christ. After you finish, we'll go through the following questions in pairs:

- What do you notice when you look at your list?
- In what areas do you notice the new in your life?
- In what areas is God telling you to lay down the old and start following his ways?
- What would "completely different" look like for you?

Take a few minutes to pray with the people around you. Thank and honour God for the transformation he is accomplishing in your life. Put into his hands the old things you find difficult to leave behind. Ask him for an open heart and courage to follow his ways.





Season 1 episode 2

# TRACK 2: I WANT TO LEARN TO LIVE MY FAITH WITH OTHERS

## Authenticity at the table

### Initial reflections

In this episode, we see a lot of “togetherness”. Community. Sharing a meal. Welcoming others and being welcomed.

- Where in your own life do you experience this sense of togetherness, and what causes that feeling?
- How can you be a part of creating spaces of togetherness for other people to experience?

### Dig in

Another place we see a lot of togetherness is in the first church.

*Let's read Acts 2:42-47.*

- What do you notice in this passage about people who have just started to follow Jesus and become part of his church?
- What does it mean to be “devoted” to the apostles’ teaching, fellowship, the breaking of bread and prayer? (Acts 2:42)
- What steps can you take to pursue a deeper level of community with other followers of Jesus?



### Respond

One moment of togetherness in this episode is when Mary prepares the Sabbath meal. It's her first time, and she has no idea what she is doing. Yet, she steps out in faith, working with what little knowledge she does have. It's pure. Real. Sincere. She opens her home and welcomes others. She receives Jesus!

In contrast, we watched Nicodemus' wife prepare a very different Sabbath meal. Her preparation was flawless, perfectly aligned with tradition and rules.

- Compare these two situations: What do you see? What would God see?
- Like Mary, do you have the boldness to act on what Jesus teaches you, even when you're not entirely sure how to do it yet? Share some examples—either of how you have and how it went, or of how the Lord may be calling you to act in faith.
- You don't need a house or lots of resources to show hospitality the way Mary did. What is one way you can practise hospitality in the next week?





Season 1 episode 2

# TRACK 3: I WANT TO BETTER UNDERSTAND WHAT JESUS MEANT

## Self-reliance versus dependence on God

### Initial reflections

In this episode, Simon is desperate, and in his desperation, he devises a plan to fix things himself—without turning to God and without seeking help from others. As a result, he makes choices that negatively affect his wife, his brother and his wider community. This situation illustrates the challenges that arise when we act in self-reliance.

- When you are struggling, do you tend to seek support from others, or do you try to handle it on your own? Why?
- In moments of desperation, have you ever made choices that hurt others? What did you learn from that experience?

### Dig in

As we follow Jesus, we have to unlearn our self-reliant tendencies and learn how to live in dependence upon God. It does not come naturally. In our pride and fear, we are hardwired to seek autonomy. But the invitation to live in dependence upon God is actually a gift, if we can accept it, because our heavenly Father will take much better care of us than we will.

*Let's read Psalm 34:15-20 and Proverbs 3:5-8.*

- What assurances does the psalm give us?
- What does it mean to “lean not on your own understanding,” but rather to submit to God in all your ways? (Proverbs 3:5-6 NIV)
- Jesus told his followers that we would face troubles in this world. Knowing that, what does it mean that the Lord will deliver the righteous person from all his or her troubles? (Psalm 34:19 NIV)
- In what areas of your life is God calling you to submit yourself more fully to him, rather than relying on your own understanding?



### Respond

Everyone struggles and sometimes our struggles may even become desperate. When those situations arise, we can receive them as opportunities to unlearn our self-reliance and grow in faith as we practise trusting God and the people he has placed in our lives.

- If you feel comfortable, share a current struggle you are facing. As a group, let's consider how God's Word speaks to your struggle, and how that may be different from your instincts based on your own understanding.
- Who has God placed in your life who can support you? What steps could you take to reach out to them for help? What kind of support would you like?
- Additionally, besides prayer, how can you continue to support each other in the coming days and weeks? What practical ways can you stay connected and encourage one another?

We will close our discussion today with a prayer circle. Everyone stands and forms a circle. One-by-one, we will take turns stepping into the middle of the circle. You can share a prayer request or remain silent. Then the group will pray for you. And remember Jesus' promise: "Wherever two or three gather in my name, there am I with them."





Season 1 episode 2

# TRACK 4: I WANT TO GIVE HANDS AND FEET TO MY FAITH

## Sabbath

### Initial reflections

The introduction to this episode features a mother teaching her son about the Sabbath in a playful manner. She explains, *“Shabbat is a time for rest, and time to honour three things: family, our people, and ... most important of all, we honour God and all his works. We rest because he rested on the seventh day. We rest to refresh our souls, to know him better”* [00:14-1:08 min].

- What does the gift of Sabbath mean to you? How does it look when you unwrap that gift? Do you regularly break the rhythm of your week to find rest?
- Why do you think it is so difficult for people to press pause and truly rest?

### Dig in

Scripture has many passages referring to the Sabbath, highlighting its significance as a day of rest and worship.

*Let's read Isaiah 58:13-14.*

- What does this passage tell us about the purpose of the Sabbath?
- What does it mean to take delight in the Sabbath?
- Practically speaking, what is the difference between “doing as you please” in your times of rest and honouring God in your times of rest? Give examples.



### Respond

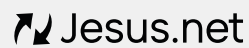
The Sabbath is not only a personal gift from God to you; it is also a gift to his people as a whole. It is an opportunity for us to delight in each other as we delight in his presence among us.

- How do you invite others into your rhythms of rest and Sabbath?
- How can you practise Sabbath rest with loved ones in the next week?



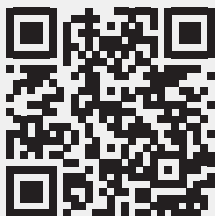


# The CHOSEN Connect



The Chosen Connect materials have been created by Alongsidiers, OneHope, Jesus.net, and Living Image.

Chosen Connect's heart is to make disciples and walk alongside others as they follow Jesus.



**Did you like this dicussion guide?**

Find more at [jesus.net/home](https://jesus.net/home).

Watch the series on The Chosen app or at [watch.thechosen.tv](https://watch.thechosen.tv).

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