

FAMILY CONNECTION

Use the following thoughts and questions to have a spiritual conversation as a family. Don't emphasize having the right answer, but focus on spending time discussing the Word as a family.

SCRIPTURE | Matthew 12:1-14

SESSION SUMMARY

You've probably heard the word "Sabbath" and wondered exactly what it means, especially for believers today. Simply put, Sabbath is a special day God set aside for His people to rest from work and connect with Him. In this week's Scripture, we'll see Jesus clarify some misconceptions about the Sabbath and heal a man on that same day. Through this biblical account, we'll see that God desires mercy and goodness over rituals and laws. These are the key points:

- Mercy is greater than sacrifice (Matt. 12:1-8).
- Loving others fulfills God's law (Matt. 12:9-14).

CONVERSATION QUESTIONS

- When someone hurts one of us, do we tend to show mercy, act indifferent, or seek revenge? Why is this our go-to?
- When can we be like the Pharisees, clinging to rules that aren't from God instead of showing mercy to others?
- Who are some people we struggle to love or believe don't deserve our love? How can we show love to them?

FAMILY CHALLENGE

God modeled the Sabbath for us by resting on the seventh day of creation, but He also commanded Sabbath. He knows our tendency to ignore rest and connection with Him. Jesus mentioned three ways to rest and reconnect on the Sabbath: worship God, show kindness to others, and serve others. Discuss together what day is truly your Sabbath, when you rest from all work and schoolwork. Then, design your family's Sabbath. Consider how you will rest from work to connect with God and each other on that day. Get specific, write out what you decide, and implement those changes as soon as you can.