



Family Worship Experience

— READ THE SCRIPTURE —

THE LORD OF THE SABBATH



Watch the Bible story video or read all or parts of Matthew 12:1-14; Mark 2:23–3:6; and Luke 6:1-11 from the Bible.



Family Worship Experience

- TALK ABOUT THE SCRIPTURE -

Scientists say that a day of rest is a really good thing for your brain. When you take a break from work or school—even for just one day a week—it helps your brain process memories, repair muscles, and lower stress hormones. Your immune system also gets a boost when you rest.

In Bible times, the Israelites had the Sabbath, a special day each week to rest and focus on God. A problem emerged when some people took this day that was meant to be a good thing and made it into a strict rule that made life more stressful.

When Jesus' disciples were hungry and picked grain on the Sabbath, the Pharisees criticized them. But Jesus used this moment to show that the Sabbath is meant to help people, not trap them in rules. The Sabbath wasn't meant to be a burden—it was meant to help people rest, be healthy, and focus on God.

Sometimes we get so focused on following rules perfectly that we forget why God made them in the first place. God gave us rules, ultimately, to show us why we need Jesus. He is the one who brings us rest, heals our hearts from sin, and helps us to enjoy a relationship with God.

Jesus showed that God gives us commands to help us, not to hurt us. Jesus rules over all. Jesus died on the cross and rose again to show God's love and do good by rescuing sinners.

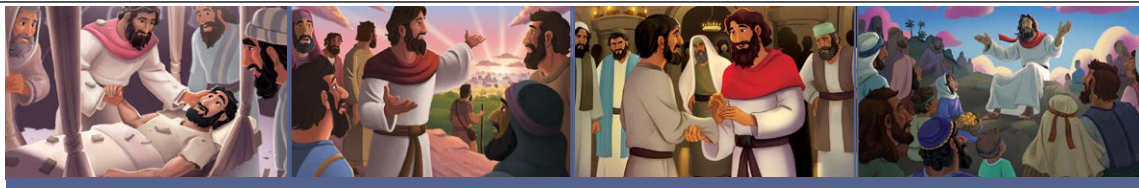
Pray: *Jesus, thank You for showing us that God's rules are for our good and meant to help us love and enjoy Him more. Thank You for taking our punishment when we fail to follow God's rules. Help us follow You with all our hearts, love others like You do, and rest in Your mercy every day. Amen.*



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LEARN SCRIPTURE

The key passage below is focused on at church. Consider talking about what this passage means and memorizing it as well.



**Let your light shine before
others, so that they may see
your good works and give
glory to your Father in heaven.**

Matthew 5:16



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SING SCRIPTURE

Finish your family worship experience by playing the key passage song to worship and as a further way to memorize Scripture.



Family Prayer Time

Mornings

Take a moment to thank God for the Bible and the way it instructs us on how to live for Him. Thank God for giving you rules and guidance that help you stay safe and healthy. Ask Him to help you delight in His Word so that you can obey and enjoy life with Him.

Evenings

Think about your day and any times you didn't follow rules or forgot to show love. Confess that to Jesus and thank Him for forgiving you when you fail and for showing mercy, even when you mess up. Ask God to help you grow in your love for Him and your obedience to His Word.



Family Activities

For Fun

Gather your family for a game of "Freeze Dance." Play music for a few minutes and then explain that everyone should freeze when the music stops. Stop the music and see how long your child can stay frozen in that pose. Restart the music and continue dancing. After a few rounds, explain that just like the dance breaks, God has provided times for us to rest and be refreshed in Him.

To Serve

Set aside a full day or extended period of time for your family to rest. Plan out some ways for the family to physically rest but also include times to focus on God and delight in Him. Remind your child that taking a Sabbath reminds us that Jesus came to rescue us from the burden of trying to earn God's favor, and in Him we can rest because our salvation is already secure. Resting together points our hearts to God's goodness and teaches us to trust Him. Lead a family discussion about the importance of resting in preparation to serve others.