

Family Discipleship

Big Idea: Jesus teaches that doing good out of love is more important than the rules.

Connect in Conversation

Read **Matthew 12:9-14, Mark 3:1-6**

- What is Sabbath? (rest, stopping, delight, worship)
- Has your family ever discussed keeping a “sabbath” or a day of rest away from technology and hurry?
- How do rules or guidelines show love?

Memory Verse

John 12:46 NLT

I have come as a light to shine in this dark world, so that all who put their trust in me will no longer remain in the dark.

Prayer

Praise: What is something you love about Who God Is?

Thanksgiving: What is something you are thankful for this week?

Pray for Others: Are there others that need prayer?

Confession: Is there anything in your heart that needs cleaning out?

Requests: What needs prayer?

Creating Space

John Mark Comer has a resource on his website to help you process practicing the Sabbath: [Sabbath Resource](#) (please note we do not endorse one person, but we as a church encourage the practice of Sabbath... people are fallen and sinful, but the truth of God’s word is faithfully unwavering)

Spend time this week discussing as a family how to incorporate an extended time of rest into your week. How can you delight, stop, rest, and worship in the midst of a busy life? This can look different for every family, every season of life, each person in your family. Think through something you can do together for fun during this time... collect some books you would want to read... choose a family devotional to do together... create a prayer habit... etc.