



Epiphany: Jesus is Lord of the Sabbath

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Live as ONE

Take some time and practice the spiritual rhythm of SILENCE together. Start this time by intentionally saying “NO” to the busyness of rushing from one thing to the next and the noise of endless entertainment and stimulation.

Take three minutes to stop and be silent and just breathe.

Then, take one minute to process the thoughts from your time of silence.

What types of thoughts came rushing in when you stopped and were silent? What do those thoughts reveal about the state of your heart? Are you anxious? Overwhelmed? Worried? Fearful? Sad? Hopeful? Joyful?

Take three more minutes for silent reflection and prayer.

What did you notice during this time that you would like to share?

Take some time to give thanks and pray with those insights in mind.

Live by the WORD

Read [Luke 6:1-11](#).

What do you notice about these two episodes in the life of Jesus? What similarities are there between the stories? What differences do you notice?

When you hear someone speak about observing the Sabbath, do you ever feel like it's just one more thing that you're supposed to do in order to be considered a “good Christian?” Do you feel like it's one of those things that you'd like to do more often, but just don't have the time or energy to worry about it too much?

In Mark's account of the first story, he records Jesus telling the religious leaders that “The Sabbath was made for man, not man for the Sabbath.” What do you think He meant by this? How could this change your view of the practice of Sabbath rest?

Live as SENT

How could living with and enjoying God's gift of Sabbath rest set you apart and make you a light to your neighbors, friends, and co-workers?

How could something as simple as Sabbath rest be an “on-ramp” to conversations with others about the goodness and faithfulness of God?

Connect DAILY

Sunday [Luke 6:1-11](#)

Monday [Luke 6:12-49;](#)
[Psalm 29:5-11; Proverbs 3:22-25](#)

Tuesday [Luke 7:1-17;](#)
[Psalm 30; Proverbs 3:26-29](#)

Wednesday [Luke 7:18-50;](#)
[Psalm 31:1-6; Proverbs 3:30-32](#)

Thursday [Luke 8:1-25;](#)
[Psalm 31:7-15; Proverbs 3:33-35](#)

Friday [Luke 8:26-56;](#)
[Psalm 31:16-24; Proverbs 4:1-3](#)

Saturday [Luke 9:1-27;](#)
[Psalm 32; Proverbs 4:4-6](#)