

Healthy Rhythms We need healthy rhythms of relationship with Jesus

Luke 6:1-11

Three approaches to the Bible.

***Believe right**

***Behave right**

***Relationship**

(make each one of these three a separate slide.)

Luke 6:1–11 NLT (p)

One Sabbath day as Jesus was walking through some grainfields, his disciples broke off heads of grain, rubbed off the husks in their hands, and ate the grain. ² But some Pharisees said, “Why are you breaking the law by harvesting grain on the Sabbath?”

³ Jesus replied, “Haven’t you read in the Scriptures what David did when he and his companions were hungry? ⁴ He went into the house of God and broke the law by eating the sacred loaves of bread that only the priests can eat. He also gave some to his companions.” ⁵ And Jesus added, “The Son of Man is Lord, even over the Sabbath.”

Jesus Heals on the Sabbath

⁶ On another Sabbath day, a man with a deformed right hand was in the synagogue while Jesus was teaching. ⁷ The teachers of religious law and the Pharisees watched Jesus closely. If he healed the man’s hand, they planned to accuse him of working on the Sabbath.

⁸ But Jesus knew their thoughts. He said to the man with the deformed hand, “Come and stand in front of everyone.” So the man came forward. ⁹ Then Jesus said to his critics, “I have a question for you. Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?”

¹⁰ He looked around at them one by one and then said to the man, “Hold out your hand.” So the man held out his hand, and it was restored! ¹¹ At this, the enemies of Jesus were wild with rage and began to discuss what to do with him.

***The word Sabbath means rest.**

Exodus 20:8–11 NLT

Remember to observe the Sabbath day by keeping it holy. ⁹ You have six days each week for your ordinary work, ¹⁰ but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ¹¹ For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.

God was giving them the sabbath to teach them a Healthy rhythm for life.

2 Kings chapter 5 and Naaman

1 Kings 19. (no slide just notes)

***Challenge.**

1) What are your rhythms?

Set yourself up for an extended time of prayer and reflection. Take a day to turn off the phone, the tv and anything else that causes you distraction and go be with Jesus. Pray through some of the following questions.

- 1) Lord what do you see in me that you love?
- 2) Is there bitterness towards anyone in my heart? Forgive them.
- 3) What healthy rhythms do I need to start? What rhythms do I need to stop?
- 4) Is there something you want me to learn from your Word?