

January 21, 2024

## Healthy Rhythms Luke 6:1-11

*We need healthy rhythms of relationship with Jesus*

*Warmup: What is your idea of a truly restful day?*

READ Luke 6:1-11, Exodus 20:8-11, Matthew 11:28-30

- How does Exodus 20:8-11 explain the Sabbath?
- What actions of Jesus and his disciples irritate the Pharisees? How did the religious teachers expect Jesus and His disciples to behave?
- What is God saying to you in these verses?

### REFLECT

- What harmful religious tendencies was Jesus resisting by His actions and words during these incidents in verses 6:1-11? How would you explain the grace and love of Jesus in the Luke passage?
- Do you think of the Sabbath as following a commandment—the letter of the law, or connecting with God—the spirit of the law? Why does God invite us to practice the Sabbath? What does God see in you that He loves?
- How does what Jesus is teaching you in these verses line up with your life?

### RESPOND

- The Sabbath is not about rules, it's an invitation to connect with the One who loves you more than you can comprehend. Which day of the week is the Holy Spirit prompting you to spend extended time with Him in a Sabbath?
- How will you include Matthew 11:28-30 in your Sabbath?
- How is the Spirit leading you to respond this week?

*"To transform religious and irreligious people into Fully Devoted Followers of Christ."*