

Finding Rhythm

Matthew 12:1-14

7-10-2022

**FINDING
RHYTHM**

LIFE UNDER JESUS' EASY YOKE



The Sabbath is to a busy culture, what naps are to a sleepy toddler: Something often needed but seldom acknowledged. When it comes to Sabbath, busyness can often keep us from getting what we all need, more rest. The Sabbath is something scattered throughout scripture, and as you'll see in the text, it's a topic of hot debate. As you dig into the passage today, we invite you to find rest in the Sabbath and peace in its rhythm.

Read Matthew 12:1-14 in the NIV translation and at least one other translation, just to get different and unique perspectives of today's story.

1. How were you raised to think of the Sabbath?
2. Would you say you view Sabbath rest as more of an obligation to God or a delight from him? What makes that so?
3. The Sabbath is described as a "mercy for the good of mankind." Have you ever experienced God's mercy through rest? If so, how?
4. Because Jesus is Lord of the Sabbath, we can have rest not only for our mind, and body, but also for our soul. How do you find rest for your mind? For your body? For your soul?
5. A rhythm of Sabbath is meant to be a constant reminder that God delights in caring for his people. And the beauty is that your own rhythm of Sabbath can start small. What is one way you can slow down and find rest in Jesus this week?
6. Jesus is the Lord in which we now find rest. He cares for each of us in unique ways as we come to him. What is one thing in this week's passage that stands out to you as a unique reminder of God's care?