

Family Devotion



Jesus and the Sabbath



This week we are discovering how Jesus showed it was more important to love and help people.



Name some rules you have in your house.
If you could change any rule what would you change and why?



Read Mark 2:23-3:6 and /or watch the video.

God made the world in 6 days. On the 7th day, He rested. Rest was good! This 7th day has always been called the Sabbath. God wanted all of His people to take the Sabbath as a day of rest, a time where no work was done and a time spent in worship to Him.



1. Why were the Pharisees angry at Jesus?
2. What did Jesus say to them?
3. How did Jesus help the man?

God intended for the Sabbath to be a blessing to His people, a day of rest from their hard work. But the Pharisees made the Sabbath all about following the rules, meaning that you couldn't do anything else, even good things. Jesus showed that God's laws were meant to help people, not to hurt them.



Draw round your hand and write down 5 different ways you can help someone on each finger and thumb. This week see if you can help people using your list, add a sticker to your hand picture each time you help someone.



Dear God, Help us to remember that it is important to show love and help people whenever there is a need. Amen