

At Home Weekly is designed for you to use during the week with your son or daughter. You'll find out what they learned today at church and can help them prepare for next week by exploring the theme or Ponder Point and spending time together in GOD's Word.

## ✝ PONDERS POINT ✝

# GOD IS THE LORD OF THE SABBATH (Sabbath)

Matthew 12:1-4

Jesus healed a man on the Sabbath

## REMEMBER VERSE

Now this is eternal life:  
that they know you,  
the only true God,  
and Jesus Christ,  
whom you have sent.

John 17:3

## DID YOU KNOW??

Share these facts to get the conversation started:

- In **Mark 2**, Jesus states that the Sabbath was made for man and not man for the Sabbath. Jesus is pointing back to creation when referring to the priority of the Sabbath. He is saying that this is a foundational principal for mankind as a whole, not just the Israelites.
- GOD set up a pattern of working and resting because that's how He designed us to operate. Our bodies, minds, and souls need rest. We're also demonstrating faith when we obey this command. When we work more than we should, it's often because we're not trusting GOD to supply all we need if we take time off.
- Faith and trust are what GOD values above all else. Honoring Sabbath rest replenishes the strength we need and also builds in us a more robust faith and trust in our GOD, the Lord of the Sabbath.

## CONNECT AS A FAMILY

Pick a day, when everyone will be home, to wake up and enjoy breakfast together. Tell your children you want to make this a special day - a day set apart to focus on GOD. If possible, set aside any household chores or obligations in order to rest, spend time with GOD, and play. If an entire day is too much, you could try a half day or even just a few hours. Sometime during the day, read **Matthew 12:1-14** together. After reading this passage, ask your children what the Sabbath is. Jesus declared that He is the Lord of the Sabbath. Talk together about why GOD would set apart a day for us to rest.

*After reading the Scripture passage, discuss these questions together:*

- Did Jesus care more about what the Pharisees thought or about helping the man?
- What do you think it means that GOD is the Lord of the Sabbath?
- What activities can we set aside to intentionally make time to rest and spend time with GOD?

These questions can easily extend into the rest of the week. Look for opportunities to bring conversations about **how Jesus is Lord of the Sabbath** into your everyday life as a family.

## BLESSING

Blessings are often used in the Bible. A blessing can be a prayer of commission, a portion of Scripture, or words to encourage and guide.

**A Blessing To Pray Over Your Child:-**  
(Child's name), **may you know the one who rules over everything. May your words and your heart honor the Lord of the Sabbath.**

For more information about blessing your child, go to [truministry.com](http://truministry.com) to the Video Blog tab. And for more creative ideas on spiritually leading your family, visit [HomeFrontMag.com](http://HomeFrontMag.com)