

Savoring the Word for Sunday, January 29, 2017

Luke 6:1-16 – Questions and Actions on the Sabbath

Memory Verse – Luke 6:9

“I ask you, is it lawful to do good or to do harm on the Sabbath, to save life or to destroy it?”

Reflection Questions

1. What does the word Sabbath mean to you?
2. Have you ever tried to practice a Sabbath time? How did it go?
3. What “rules” do you hold to that might not be what God desires for people?

Prayer

Lord, challenge me to practice Sabbath. Help me to practice it in my own life and to offer Sabbath spaces for others. Amen.

How to read it this week – Choose which days the following will work for you

- Read the passage in the morning, over lunch, and in the evening.
- Read the passage to someone else and ask what they hear in the passage
- Read the passage in another translation from what you normally use. What is different?
- Take an hour and go for a walk without a phone on, without anything that will draw you away. Just walk silently for an hour. If you are not able to get out and walk yourself, could you sit silently for an hour?
- What represents Sabbath to you in the world? Is there song that brings you rest and renewal? Is there a painting? A story? Take time to take that in.

- On Saturday, read the passage again and take note what you “hear” differently come Saturday