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PRAYER

That as we gather today, let's pray that we would find peace in the arms of the Lord of Rest.

WARM UP (OPTIONAL)

Is there a good habit that you see in someone else that you'd love to see as a habit in your life? Who has the habit and what is it that they repeatedly do?

NOTES

WORD

¹On a Sabbath, while he was going through the grainfields, his disciples plucked and ate some heads of grain, rubbing them in their hands. ²But some of the Pharisees said, "Why are you doing what is not lawful to do on the Sabbath?" ³And Jesus answered them, "Have you not read what David did when he was hungry, he and those who were with him: ⁴how he entered the house of God and took and ate the bread of the Presence, which is not lawful for any but the priests to eat, and also gave it to those with him?" ⁵And he said to them, "The Son of Man is Lord of the Sabbath."

[Luke 6:1-5](#) (ESV)

GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale of 1-10 (1 being extremely observant and 10 being a consistent rule breaker), are you a person who sticks to rules and laws? Are there ever any situations where you would compromise or not obey at all?
2. Jesus' disciples were criticised for rubbing grains in their hands as working on the Sabbath. What do you think was the motive behind the criticism? Whether you have been the critic or the criticised, have you ever experienced criticism in your life?
3. The word, *Sabbath* (*Shabbat* in Hebrew), means to rest, observe, and remember God. What are your thoughts about having Sabbath rest and reflection in your life?
4. The Pharisees criticised Jesus because they upheld a standard of working their way towards righteousness. Yet they completely missed that the righteous God Himself was who they were criticising when they accused Jesus. What can we do to ensure that we don't miss God amidst our activities?

PRAYER LIST