

# Lord of the Sabbath

**Matthew 12: 1-14**

**Does your life show any of the signs of lack of regular rest?**

Physical symptoms – tension headaches, weight gain/loss, body aches, other

Mental/Emotional – irritable, trouble concentrating, forgetful, depression

Social – broken relationships, poor relationship choices, risky behaviors

Spiritual – no energy to study word or put it into practice/no time to focus on God's priorities, no time to "do good".

**Are there ways that celebrating the Sabbath can help any of those issues?**

**Get together with people and discuss having a lifestyle where Jesus is the Lord of your Sabbath.**