

JOY CHURCH

Date: Sunday January 31, 2021

Main Point: The Sabbath is for rest and helping others.

Scripture: Luke 6:1-16



SHARE

your highs and lows

Sit together in a comfortable space. Make sure there are no distractions.... Cell phones, tv, toys, ect. With your Family take turns sharing your highs and lows with each other.



READ

a Bible verse or story

Bible: Luke 6:1-16

Spark Bible Story Bible: none

Or go to the JOY Church YouTube channel and watch this weeks worship.

Check [This Video of JESUS](#) healing a man with a withered hand or [This Video of Jesus healing a man with a withered hand on the Sabbath.](#)



TALK

about how the Bible reading might relate to your highs and lows

After reading the bible story, work together to retell the story in a way that your family chooses.

1. What was one think that stood out to you in todays story?
2. Was there anything that surprised you?
3. How would you feel if you were the man with the withered hand?
4. How can use your day of rest to help others?



PRAY

for one another's highs and lows

Join hands as a family and pray this prayer or create your own prayer.

Dear God, please help us to use our time to rest and to help others. Amen.



BLESS

one another

Turn to each other and make the sign of the cross on each others forehead. Look at each other and say, "Rest your eyes and your heart so that you may see those who need help."

FAITH IN THE WORLD

Work together as a family to create some time of rest.

Try to put away the electronics and the phones.

Try something in nature.

Try a bord game or a card game.

Try drawing or painting together.

Try Creating music together.