

**Lesson 6****Debating Sabbath in the Gospels****REFLECTION GUIDE****Welcome**

As you watch the lesson, take notes on key themes, ideas, and questions that stand out to you. Pause the video when needed to reflect, jot down insights, or revisit an important section. Stay attentive to how the content connects with both your personal faith journey and issues that matter to your community.

**Questions**

- What assumptions did you bring with you into this lesson about Jesus' relationship to the sabbath?
- Consider the ethical principle of pikuakh nephesh discussed in this lesson. What do you like about it? Do you see any potential problems with it?
- In his first sermon (Luke 4:16-19), Jesus proclaims that he has been anointed in order to bring "good news." According to the passage he cites, what is so good about the news Jesus has to proclaim? How does this differ from how we typically think about what is so good about the news of Christianity?
- In light of what you have learned in this lesson, how do you now interpret what it means for Jesus to be "lord of the sabbath" (Mark 2:28)?
- Read Hebrews 4:1-9. Why do you think the idea of sabbath became a suitable way for understanding God's promise of eternal life?