



# Life of Christ

A study of the life and teachings of Jesus

## The Sabbath Was Made for Man

*by Nick Bertin*

With the exception of Old Testament characters, do you know the name of the oldest person who ever lived? Her name is Jeanne Calment from France, and she lived 122 years and 164 days. That's a total of 44,725 days. That's a lot of days!

The average American will live 28,652 days, but how much do we value each day? With so many days ahead of us, how much worth and effort to give to any given day? If you are like me, you would answer somewhere between some and none. I tend to think about all the days ahead. The Bible, however, teaches us something very different.

From days of old, heroes of the faith knew the trap of misappropriating our days. Moses, for example, would pray in Psalm 90:12 “So teach us to number our days that we may get a heart of wisdom.” Why would numbering our days bring wisdom? It comes in two forms.

First, we don't have as many days as we think. Because of the potential for a lot of days, a single day can seem to be less meaningful than it really is. In the book of James, we are reminded that our days are indeed short, no matter how long we may live. James 4:14 says, “Yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes.” If we don't number our days, we will only see the potential in the future rather than the possibilities of today.

Once we realize how few days we truly have, we can put the right value to each and every one. In the ministry of Jesus, He valued each and every day. In John 9:4 He said, “We must do the works of Him who sent me while it is day. Night is coming when no one can work.” He could have said, “We have a month or a year so let's take it easy.” He could have said, “Hey, we have plenty of time do this tomorrow.” But rather, He said we must do God's work today because this day is coming to an end.

When we number our days, we value each one and make the most of them. This is exactly what we see in our passage today. The Pharisees wanted Jesus to wait until another day. They want Jesus to delay this man's healing for any day other than the Sabbath. But Jesus valued the day. He valued the individual. Rather than delaying this man's healing, He did it. In doing so, He proved not only His authority as God but He also illuminated the importance of the day.

Ephesians 5:15-16 is our challenge this week.

“Pay careful attention, then, to how you walk — not as unwise people but as wise — making the most of the time, because the days are evil.”

Reflect for a moment on your yesterday. Determine if you lived as a wise person yesterday, making the most of your time, living intentionally, seeking a divine appointment with every person you came in contact with. Think about ways to let those around you know they matter to God and to you. Choose today to step out of your comfort zone, making the most of every opportunity to encourage and impact every person you encounter today with the good news of the Gospel.

**Question** Today, how can we demonstrate the value of the individual in our families, our workplaces, and our communities? How can we let those around us know they matter to God and to us—with the intention of showing them God’s love rather than condemning them?

**Family Chat** Can you let someone know today how much they mean to you and to God? Here are some ideas! Leave a sticky note for your mom, color a picture for your teacher, or send a card to your grandma.

**Take Action** Do the things you talked about when you answered today’s questions. Then talk with your life group about how it went for you and what you will do differently next time.