

# Life of Christ

A study of the life and teachings of Jesus

## Applying the Word with my Family

by Rachael Bernardi

In today's teaching, Marc had a few very important questions! He asked if there was a passage of Scripture that we thought we knew but didn't. And in regards to that answer, the follow-up question is, "How can I apply it today?" He finished today's devo with a challenge: "Find someone to study with, and do the words of Jesus today."

When he asked that question, I thought about Psalm 23:1-2, which says this:

*The Lord is my Shepherd, I shall not want.  
He makes me lie down in green pastures,  
He leads me beside still waters,  
He restores my soul!*

This year, my husband and I decided to up our game around honoring the Sabbath. God's Word reminds us to "Remember the Sabbath day, to keep it holy." (See Exodus 20:8-11). This is the only one of the Ten Commandments that God explained, and He used a whole paragraph! I get a feeling that He was well aware of our weaknesses and how we would feel the pressure of deadlines and the temptation to prove our value through productivity!

So, we purposed to finish our work during the six work days we had decided together would be our six days of labor. That first Sabbath day was a good day. No, it was a great day! I realized the day before that I probably wasn't going to finish all my half-done projects, I wasn't going to get the entire house clean, and I was going to miss some personal goals and deadlines. So, Sabbath day rolled around, and there sat a pile of papers on the kitchen table, two loads of laundry on the floor, and a host of other little annoyances that I was soooooo tempted to take care of that day. But I didn't! And in the process I realized that those things would be patiently waiting for me to return to that labor of love on another day.

The following week, someone mentioned the idea of finding a special thing to do, a special book to read, or a special family activity that we only do on Sabbath day. One of those things we picked up that we now do on occasion is visit the Heifer headquarters in Little Rock and feed the fish. Those fish don't need feeding, haha! But it's relaxing, and it's a time and space away from our everyday routine.

*He leads me beside still waters; He restores my soul.*

That verse has a much deeper meaning to me, now that, as a family, we walk out the practice of giving God time and space to lead us beside those still waters, so that He can restore our souls. We have to continuously choose to make Sabbath rest a priority, and when we do, He rewards us greatly with an abiding rest that can't be produced, can't be bought, can't be washed, and can't be put away. His presence abides with us!

**Question:** How will you set aside time today to study the words of Jesus, and who will you study them with?

**Take Action:** Find two or three people—whether over video or in your own home—that you can study one part of the gospels and the words of Jesus with. Then ask them this question, “How are we going to do this *today*?”

See what doors God will then open up for you to do the teachings of his Son!