



## Encounter Series Devotional, Week 2 | Day 5

One Sabbath day as Jesus was walking through some grain fields, his disciples began breaking off heads of grain to eat. But the Pharisees said to Jesus, “Look, why are they breaking the law by harvesting grain on the Sabbath?”

Jesus said to them, “Haven’t you ever read in the Scriptures what David did when he and his companions were hungry? He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions.”

Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. So the Son of Man is Lord, even over the Sabbath!”

**Mark 2:23-28**

At The Ridge, our mission is to help people find and follow Jesus. As you read the next portion of this devotional, consider the FIND comments if you are exploring faith or helping others explore their faith. Use the FOLLOW section to help you take steps if you are currently following Jesus.

**FIND:**

**God knows we need rest. How do you need to create more rest in your life and realign your priorities?**

**FOLLOW:**

**How do you get caught up in following religious rules?**