

Reflection Wednesday Week 2 – 2025

All four Gospels highlight the importance and significance of the Sabbath presenting it as a day of rest and worship, something that is deeply rooted in Jewish tradition. Jesus was a faithful Jew so he observed the Sabbath and he also emphasised its importance. However, he presented its importance in a very different way by redefining its purpose.

The Gospel tells us about Jesus healing a man on the Sabbath, thus challenging the Pharisees' rigid interpretation of the Law. The Pharisees had turned the Sabbath into a day filled with burdensome rules rather than help it become a time of joyful worship and service to God. Jesus wants us to see the Sabbath as a day in which we can be restored, healed and filled with new life, not one weighed down with unnecessary restrictions. For Christians, this teaching translates Sunday as a day for worship and rest. A day on which we honour God through the Eucharist and community prayer, worship and song. In other words, Jesus encourages us to see Sunday not merely as an obligation but as a gift. After all, Jesus loves us deeply!!