**Day 1: The Lord is My Shepherd**

**Scripture:** Psalm 23:1-3  
**Reflection:** Reflect on the imagery of God as our Shepherd. He leads us to green pastures and still waters, restoring our souls. Consider how God has provided for you and led you in times of need.  
**Prayer:** Thank God for His guidance and provision. Ask Him to continue leading you in paths of righteousness for His name's sake.

**Day 2: Jesus, Lord of the Sabbath**

**Scripture:** Luke 6:1-5  
**Reflection:** Jesus declared Himself the Lord of the Sabbath, emphasizing His authority over religious laws. Reflect on how Jesus prioritizes mercy and compassion over legalism.  
**Prayer:** Ask Jesus to help you understand His lordship in your life and to prioritize His teachings over man-made rules.

**Day 3: Rest and Restoration**

**Scripture:** Genesis 2:2-3  
**Reflection:** God rested on the seventh day, setting a precedent for us to find rest and restoration. Consider how you can incorporate rest into your weekly routine to honor God and rejuvenate your spirit.  
**Prayer:** Pray for the discipline to set aside time for rest and to trust God with your time and responsibilities.

**Day 4: Healing on the Sabbath**

**Scripture:** Luke 6:6-10  
**Reflection:** Jesus healed a man on the Sabbath, demonstrating that doing good and showing compassion is always appropriate. Reflect on how you can show kindness and mercy in your daily life.  
**Prayer:** Ask God to open your eyes to opportunities to do good and to give you the courage to act, even when it challenges societal norms.

**Day 5: Making Jesus Lord of Your Life**

**Scripture:** Romans 10:9-10  
**Reflection:** Confessing Jesus as Lord means surrendering every aspect of your life to His authority. Reflect on areas of your life where you need to submit to His lordship.  
**Prayer:** Confess any areas where you have not allowed Jesus to be Lord. Ask for His help to fully surrender and trust in His plan for your life.