

## The Sabbath Luke 6:1-11

- ☞ Should Christians keep the Sabbath since we are free in Christ?
- ☞ What is more of a problem for contemporary Christians, being too strict or too lenient on the Sabbath?
- ☞ How do we balance these two ideas in our contemporary culture?

Study Notes:

**Commandment:** Keep the Sabbath (Exodus 20:8)  
*Pharisees had a narrow understanding of the Sabbath.*

### Theology behind the Sabbath

1. We rest because God rested at creation. Genesis 2:2-3
2. Rest is when we take our hands off of creation and acknowledge the creator.
3. Purpose of Rest: repose, renewal, reflection, response
4. Sabbath is about relationship not rules.
5. There are blessings in keeping Sabbath.
6. The Sabbath points to something greater.
7. Jesus is the Lord of the Sabbath

### What can we do on the Sabbath?

1. It is never wrong to do good.
2. Do what honors God.
3. Rest for the sake of your body, soul, and mind.

### What we can learn as disciples:

1. To honor the Sabbath.
2. Not to let rules get above people.
3. The law is for our good, not to make life miserable.
4. We are prone to pass judgment on others based on our narrow understanding of the law.
5. Legalism can strangle you while you strangle other people.

- ☞ What can you do differently to find rest in God?

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