



May 31, 2026

Theme:

Luke – Jesus, The Lord of the Sabbath

Life Application:

Believers in Jesus need to take a day of Sabbath each week.

Scripture:

Luke 6:1-5

Memory Verse:

*"And we know that for those who love God all things work together for good, for those who are called according to his purpose." **Romans 8:28***

Review

1. In **Luke 5**, we learned that the Pharisees were angry with Jesus. Do you remember what made them angry? (Jesus befriended a tax collector and

then had dinner with the tax collector's sinner friends. Also, Jesus healed a man who was paralyzed, but first he forgave the man's sins.) Why were they angry? They knew that only God could forgive someone of their sins. They called what Jesus had done "blasphemy."

2. The Pharisees were more concerned with following rules than faith. Remember that over time, they added more than 600 rules that must be followed to the Ten Commandments. Jesus cares about people who are sinners in need of forgiveness. And he knew that the paralyzed man needed forgiveness of his sins more than being healed. Then, because of his friends' faith, he healed the man! The friends knew that the man needed Jesus and brought him to Jesus. **Are we doing this for our friends?**
3. What did Jesus mean when he said in parables in **Luke 5:36–39** that the "old must become new?" (When we trust and believe in Jesus, we become new people, the old laws are not needed — because when we love Jesus we WANT to obey him.)

Read and Discuss Luke 6:1–5

"1 On a Sabbath, while he was going through the grainfields, his disciples plucked and ate some heads of grain, rubbing them in their hands. 2 But some of the Pharisees said, 'Why are you doing what is not lawful to do on the Sabbath?' 3 And Jesus answered them, 'Have you not read what David did when he was hungry, he and those who were with him: 4 how he entered the house of God and took and ate the bread of the Presence, which is not lawful for any but the priests to eat, and also gave it to those with him?' 5 And he said to them, 'The Son of Man is lord of the Sabbath.'"

1. In **verse 1**, on what day was Jesus going through the grainfields with his friends, the disciples? (It was on the Sabbath.) Have you ever heard of the word, "Sabbath?" What do you think it means? (Discuss — let family members guess.)
2. Do you remember the true Bible story of when God created the world? How long did it take him? (Seven days.) And, what did God do on the seventh day? (He rested.) Do you think God needs rest? (Discuss.) Read **Psalms 121:4**.
"Behold, he who keeps Israel will neither slumber nor sleep." **Psalms 121:4**
3. Clearly, God (Jesus) does not need to rest or sleep. God created the Sabbath, the day of rest, not for himself but for us! Read **Mark 2:27**.

"And he said to them, 'The Sabbath was made for man, not man for the Sabbath.'"

4. Jesus's disciples were picking heads of grain and rubbing them in their hands so that they could eat. Why were the Pharisees angry this time? (They were doing this on the Sabbath. They were not following the rules about not "working" on the Sabbath!) In **verses 3–4**, what did Jesus have to say about that? (He reminded them that David had broken one of the many "laws" so that he and his followers could eat.)
5. Read **verse 5**. What do you think Jesus was saying about himself? (That he is the Son of Man and the Lord of the Sabbath. He was claiming to be the Messiah.)
6. Read **Hebrews 4:9–10**.

"So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his."

7. Why do you think God gave us the Sabbath? Let family discuss, then read the following together:

The Purpose of the Sabbath

- A day of rest
- A day of refreshment
- A day to prioritize God as first
- A day where we rest, but God continues to work on our behalf

A Word from Our Pastor, David Chadwick:

The Christian faith is a relationship, not rule-following. Yes, you need one day a week for Sabbath rest, but every day should be a Sabbath rest. How can we please God? By having FAITH. See **Hebrews 11:6** — "And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him."

It's not just do/done, it's PURSUIT/PURSUED. Either I keep pursuing God by my works, hoping he approves of me OR...

The Son of Man, the Adonai/Kurios of the universe, the One who created the Sabbath, is pursuing you to have an eternal relationship with him. It is not based on what you

do for him, but what he has done for you. On the Cross, he paid it all...the Lord of the universe took my place on his cross. **Jesus is God: It's the heart of the Christian faith.**

Prayer:

Jesus, we believe you are the Lord of the Sabbath. Help us to learn to rest in you every day, but especially to take one day each week to rest, to be refreshed, to prioritize our relationship with you, and to know that you never rest. You are always there for us. In Your Name we pray, Amen.

Family Challenge

What day is your family's best day for Sabbath? What do you do on the Sabbath together? Each week, decide what you will do together to be rested and refreshed and spend close time with the Lord as well. Make a plan ahead of time! Together make a list of things you would like to do together on your Sabbath day, and be intentional about following through instead of filling the time with other things.

Suggestions:

- Go to a park or a greenway
- Play games together
- Relax in the outdoors
- Watch a movie that all can enjoy
- Have a nice meal together that doesn't require a lot of preparation
- Spend intentional time in worship and prayer