

Jesus, Our Sabbath Rest

March 23, 2025 ▪ Nick Braitto

Jesus both _____ and is the _____ of the Sabbath. (1-5; Matt. 11:28-29)

Jesus both _____ and _____ the Sabbath. (5-11; Col. 2:16-17; Heb. 4:9-10)

Luke 6:1-11

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."**

⁶ On another Sabbath, he entered the synagogue and was teaching, and a man was there whose right hand was withered. ⁷ And the scribes and the Pharisees watched him, to see whether he would heal on the Sabbath, so that they might find a reason to accuse him. ⁸ But he knew their thoughts, and he said to the man with the withered hand, "Come and stand here." And he rose and stood there. ⁹ And Jesus said to them, "I ask you, is it lawful on the Sabbath to do good or to do harm, to save life or to destroy it?" ¹⁰ And after looking around at them all he said to him, "Stretch out your hand." And he did so, and his hand was restored. ¹¹ But they were filled with fury and discussed with one another what they might do to Jesus. (ESV)

Personal Reflection or Group Discussion Questions

Open: What's something you like to do for rest or refreshment?

Read & Discuss: Luke 6:1-5

1. In verses 1-2, what stands out to you about the hearts and attitudes of the Pharisees? What might have made them this way, and how can we avoid this ourselves?
2. **Read Exodus 20:8-11.** What does Exodus 20:8-11 teach us about the Sabbath, and what does it appear the Pharisees correctly understood about it? Where did their understanding fall short?
3. Jesus references David eating the bread of the Presence (1 Samuel 21:1-6), which violated ceremonial law since only priests were supposed to eat this bread. What was Jesus' point, and why was this story relevant to Jesus' defense of His disciples (vv. 3-4)? How can we take care to not apply this principle in ways which seek to allow us to do whatever we want to with regard to God's commandments?
4. In verse 5, Jesus declares Himself "Lord of the Sabbath." In light of the context, what did Jesus mean by this? How might the way that we think about and experience the Sabbath be different if our attention is set on a person rather than on a list of rules?
5. **Read Matthew 11:28-29.** What do you think it means to "come to Jesus" for rest? How does this compare with how we often try to find rest in our daily lives? How does thinking about Jesus as the source of rest add to our understanding of why Jesus calls Himself the "Lord of the Sabbath"?

Read & Discuss: Luke 6:6-11

6. Here Luke records another incident on a Sabbath in which the Pharisees were out to find reason to accuse Jesus (v. 7). Consider the man with a withered hand (v. 6). How might he have felt in this moment, knowing the Pharisees were watching and Jesus was challenging their traditions? Why do you think Jesus' act of compassion provoked such a negative response from the Pharisees (v. 11)?
7. In verse 8, Jesus asks, "Is it lawful on the Sabbath to do good or to do harm, to save life or to destroy it?" How does Jesus' question challenge rigid interpretations of the Sabbath? What does Jesus' question suggest about what we should value and prioritize not only on the Sabbath, but every day?
8. **Read Colossians 2:16-17.** Here Paul includes the Sabbath in a list of practices that are but a "shadow" of the reality that is found in Christ. What does Paul mean by this? What are the implications for how we understand the role of the Sabbath today?

Apply: In Mark 2:27 Jesus says, "The Sabbath was made for man, and not man for the Sabbath." How should this statement impact our understanding of the Sabbath? What could you do to set aside regular Sabbath-like times for Christ-centered reflection and refreshment in ways that lead to blessing and do not become a legalistic burden?

Pray: Pray that we learn to find rest in Jesus and to view the Sabbath in ways that honor all that Christ has done for us.