

Jesus, Lord of the Sabbath

Luke 6:1-11

BIG IDEA:

What is truth and who determines it? The world will tell you that you are your own personal arbiter of truth. That “your truth” is the truth. The Pharisees certainly believed they had a corner on the truth. But they were wrong. Jesus is the way the truth and the life and he establishes his sovereignty over this realm in our passage for this morning.

1. JESUS _____ THE PURPOSE OF THE SABBATH

Luke 6:1-2 (ESV) — 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?”

Why did the Pharisees think that picking grain was against the law? The answer is that they had developed their own list of regulations for keeping the Sabbath. To make sure that they did not violate the fourth commandment, they specified all the different ways that someone could break the Sabbath, and then avoiding these activities became their law. According to the Mishnah, no fewer than **thirty-nine different kinds** of work were forbidden on the Sabbath, including **reaping, threshing, winnowing, and preparing** food... So with every mouthful, the disciples were violating the law four different ways. Thus said the Pharisees.¹

The law of God is inherently beneficent. That is to say that God’s law is always for the promoting of life in mankind. The Law is pro-mankind.

Matthew 7:11 (ESV) 11 If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!

Exodus 20:8–11 (ESV) 8 “Remember the Sabbath day, to keep it holy. 9 Six days you shall labor, and do all your work, 10 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11 For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

The Sabbath day was intended to be a relief, not a burden. It was given so that we might worship God, not be enslaved to man-made conditions. The Sabbath was intended to serve mankind, not because they deserve it, but because they need it.

Mark 2:27–28 (ESV) 27 And he said to them, “**The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is lord even of the Sabbath.**”

2. JESUS _____ THE PURPOSE OF THE SABBATH.

Luke 6:10 (ESV) — 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.

Jesus doesn’t avoid eye contact. He isn’t ashamed of his actions. He doesn’t make excuses for his good intentions and clear demonstrations of authority. Jesus directly challenges the Pharisees.

John 10:10 (ESV) — 10 The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

In our text Jesus isn’t only healing this man’s hand, the healing that Jesus offers extends to every facet of this man’s life.

QUESTION TO CONSIDER:

- Are there ways you are opposing Jesus in your life because you desire to hang onto your traditions?
 - In what ways does Jesus desire to grant you full restoration of your life in Him? What is holding you back?
 - In what ways are you declaring this truth to others? How might you pray for boldness in doing so?
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¹ Ryken, P. G. (2009). *Luke* (R. D. Phillips, P. G. Ryken, & D. M. Doriani, Eds.; Vol. 1, p. 242). P&R Publishing.