

## Lesson #3-20

# *The Lord of the Sabbath*

Luke 6:1-16



### Key Verse:

Then Jesus said to them, "I ask you, is it lawful to do good or to do harm on the Sabbath, to save life or to destroy it?"  
Luke 6:9

### The Point:

The Sabbath is for rest and helping others.



## *Introduction*

During the time of Jesus, Jews had to determine how to be faithful to God when non-Jewish Rome controlled the land. In this case, Jesus and his disciples are challenged by the Pharisees for plucking and eating grain on the day of Sabbath. He states that the Son of Man is the Lord of the Sabbath. Again on the Sabbath, there was a man with a withered hand, and the scribes and Pharisees watched to see if Jesus would heal on the Sabbath. In front of the scribes and Pharisees, Jesus asks the crippled man to stretch out his hand, and it is healed.

### The Point

**The Sabbath is for rest and helping others.** Taking time for sabbath and worship in the busyness of our lives is an essential teaching of Jesus. Jesus gathers us to worship, not to follow the rules or do everything right, but so that we might be nourished and have life. Taking the time to understand God's call and purpose is a practice that Jesus encourages. Sabbath is a time to focus on God and to ask God to fix our own brokenness.

# Activities a la Carte

## Activities

## Supplies

### Introduction

#### *Sabbath Law and Sabbath Good*

Explore the difference between rules and love.

10 min.

† None

### Learning the Story

#### *Story of the Sabbath*

Sketch out the scenes.

10 min.

† Bible

† Activity Sheet #3-20.A

† Pens or pencils

### Activities

#### *Sabbath Healing*

Pray with bandages.

10 min.

† Adhesive bandages

#### *Finger Labyrinth*

Use your finger to walk with God.

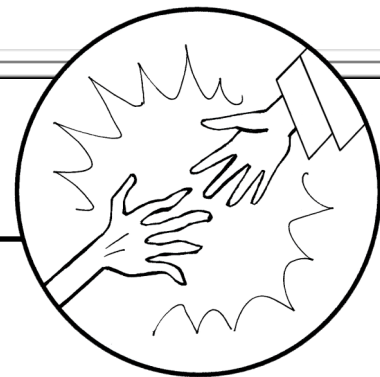
10 min.

† Activity Sheet #3-20.B

† Optional: Pencils, music player

### Prayer

# God's Story @ Home



## Introduction (10 minutes)

### Sabbath Law and Sabbath Good

Explore the difference between rules and love.

#### Supplies:

† None

#### Instructions:

1. Divide your family approximately in half. **Half of you will think about what “lawful” means. For those who are younger, “lawful” means following the rules. The other half of you will think about what it means to be something that is good. After a few minutes we will share our thoughts with one another.**
2. After two or three minutes, discuss what is different and similar in the concepts of what is lawful and what is good.
3. **Following the rules is not always the same as being good. Sometimes rules are really important, but often loving one another and taking care of one another is more important. Today we are going to talk about how Jesus gives us a new understanding of Sabbath.**



## *Learning the Story (10 minutes)*

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### *Story of the Sabbath*

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Sketch out the scenes.

#### *Supplies:*

- † Bible
- † Activity Sheet #3-20.A
- † Pens or pencils

#### *Preparation:*

1. Make one copy of Activity Sheet #3-20.A for each person.

#### *Instructions:*

1. **Each person is going to make a storyboard picture, which is a quick sketch or picture of what is going on. You can do it very simply, using stick figures if you want. The idea is to see the whole story together, not to draw things perfectly.**
2. **As I read the story, use your activity sheet and sketch out your impression of what is happening. Remember to draw some facial expressions to show how the people in the story might be feeling.**
3. Read Luke 6:1-16 aloud.
4. **Does anyone want to share something they discovered when they drew the storyboard? Something they noticed by sketching it out?** Give people a chance to share what impressions they had of the story. Encourage each person to talk about how different characters might have felt at different times in the story.
5. **These storyboards give us a great big picture of how Jesus' ministry began, even before he chose his twelve special apostles. It is a good introduction to the**

healing and love that Jesus is beginning to do.

## *Activity (10 minutes)*

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### *Sabbath Healing*

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Pray with bandages.

*Supplies:*

- † Adhesive bandages

*Instructions:*

1. **Jesus reveals that the Son of Man is the Lord of the Sabbath, and specifically says that the Sabbath is to heal and not to destroy. In worship, we ask Jesus for healing as an act of worship and sabbath.**
2. **When we confess to God, we say that there are parts of us that are broken that need to be healed. We are going to be praying for healing today.**
3. **Take your bandage and pray for one another, that Jesus may heal whatever is broken. You can pray this prayer out loud to each other, and put the bandage on one another's hands as a symbol of Jesus' healing power. Give family members time to pray for one another.**
4. **Jesus' power to heal helps us to understand why he is the Lord of the Sabbath.**

## *Activity (10 minutes)*

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### *Finger Labyrinth*

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Using your finger to walk with God.

#### *Supplies:*

- † Activity Sheet #3-20.B
- † Optional: Pencils, music player

#### *Preparation:*

1. Make one copy of Activity Sheet #3-20.B for each person.

#### *Instructions:*

1. **Labyrinths are ancient contemplation tools to help you slow down and think about things. These kinds of labyrinths are not mazes, but rather ways to slow down and untangle.**
2. **Trace your way into and out of this labyrinth using your finger or a pencil. As you approach the center contemplate a question. On your way out listen carefully for God to answer.**
3. Allow a few minutes for people to “finger walk” through the labyrinth. You may choose to play soft, contemplative music.

## *Prayer*

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Before ending, make a point to come together to pray. Use the following or say your own prayer.

**God of heaven and earth, we see life all around. We see it in sleeping babies, in blooming flowers, in tasty meals, and in acts of prayer and healing. Help us to keep the Sabbath, we pray.**

If you have the “Living the Word: Sharing God’s Story @ Home” sheet, remember to use it throughout the week as a part of your family devotions!





# Story of the Sabbath

*Sketch out the scenes.*

Disciples pluck and eat grain.	Pharisees ask, “Why pluck on Sabbath?”	Jesus says, “The Son of Man is Lord of Sabbath.”
Jesus teaches on Sabbath.	Man with withered hand.	Pharisees watch Jesus.
Jesus says, “Stand up.”	Jesus asks, “Is Sabbath to save life or destroy?”	Jesus chooses 12 disciples to be apostles.



# *Finger Labyrinth*

*Use your finger to walk with God.*

