INTRODUCTION: Should Christians go out to eat, go to the movies, or shop on Sunday? Up until several decades ago, there were laws that prohibited what citizens — whether Christian or not — could purchase on Sundays. Today we are going to discover what Jesus said — and didn’t say — about the Sabbath.

I. A Summary Of The Sabbath

A. Its Meaning

Exodus 20:8-11  “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 of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. 11 For in six days the LORD made the heavens and the 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.”

B. Its Purpose

C. Its Distortion

D. Its Relevance

Colossians 2:16-17  “16 Therefore let no one act as your judge in regard to food or drink or in respect to a festival or new moon or a Sabbath day— 17 things which are a mere shadow of what is to come; but the substance belongs to Christ.”
Romans 14:10-13  "10 But you, why do you judge your brother? Or you again, why do you regard your brother with contempt? For we shall all stand before the judgment seat of God.  11 For it is written, ‘AS I LIVE, SAYS THE LORD, EVERY KNEE SHALL BOW TO ME, AND EVERY TONGUE SHALL GIVE PRAISE TO GOD.’  12 So then each one of us shall give account of himself to God.  13 Therefore let us not judge one another anymore, but rather determine this — not to put an obstacle or a stumbling block in a brother’s way.”

II. Jesus And The Sabbath Question (Luke 6:1-11)

A. The Case of the Hungry Disciples (Luke 6:1-5)

1. The Pharisees’ accusation (6:1-2)

Luke 6:1-2  “1 Now it came about that on a certain Sabbath He was passing through some grainfields; and His disciples were picking and eating the heads of grain, rubbing them in their hands.  2 But some of the Pharisees said, ‘Why do you do what is not lawful on the Sabbath?’”

2. Jesus’ answer (6:3-5)

Luke 6:3-4  “3 And Jesus answering them said, ‘Have you not even 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 consecrated bread which is not lawful for any to eat except the priests alone, and gave it to his companions?’”

Luke 6:5  “And He was saying to them, ‘The Son of Man is Lord of the Sabbath.’”


Luke 6:6-7  “6 And it came about on another Sabbath, that He entered the synagogue and was teaching; and there was a man there whose right hand was withered.  7 And the scribes and the Pharisees were watching Him closely, to see if He healed on the Sabbath, in order that they might find reason to accuse Him.”

Luke 6:8  “But He knew what they were thinking, and He said to the man with the withered hand, ‘Rise and come forward!’ And he rose and came forward.”
Luke 6:9  “And Jesus said to them, ‘I ask you, is it lawful on the Sabbath to do good, or to do harm, to save a life, or to destroy it?’”

Luke 6:10-11  “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 themselves were filled with rage, and discussed together what they might do to Jesus.”

III. Lasting Lessons For Today

A. Recognize the Difference Between Legalism and Obedience

B. Remember the Principle Behind the Sabbath

Hebrews 10:24-25  “24 and let us consider how to stimulate one another to love and good deeds, 25 not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more, as you see the day drawing near.”

C. Resist the Urge to Impose Your Convictions on Others

Conclusion