

Jesus...In the Gospel of Luke

Freedom From Legalism!

Luke 6:1-11

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Bottom Line:

The Sabbath was created by God to prioritize the worship of God and needed rest for humans. God never designed it to be turned into a legalistic burden that would defeat the whole purpose of the sabbath principle.

Recap: 1st Incident: Jesus and disciples picking grain on the Sabbath. **v. 1-5**

2nd Incident: Jesus healing a withered hand on the Sabbath. **v. 6-11**

1. The Sabbath is a gift from God to prioritize worship and to live “balanced”. **Luke 6:1-2; Exodus 20:8**

Important Truths: Jesus teaches 3 truths here

1. The Sabbath is a gift of God's provision, not a burden of human tradition.
2. Jesus is Lord of the Sabbath and the source of our freedom.
3. The Sabbath should reflect God's mercy, compassion, and life-giving purposes.

Sabbath should teach: **Life is not meant to revolve entirely around work and productivity.**

Sabbath reminds us that worship, rest, relationships, and communion with God are central to a meaningful life.



Colossians 2:16–17

“Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath.” (see also **Romans 14:4-6**)

Sabbath Principle:

Intentionally setting aside time to rest from our labor, trust in God's provision, delight in His presence, and renew our hearts through worship and fellowship.

2. Jesus is Lord of the Sabbath and gives freedom from legalism! **Luke 6:3-5**

Important Truth:

Jesus does something very powerful:

“The Son of Man is lord of the Sabbath.”

Jesus possesses authority to reveal the true meaning of the Sabbath

3. The Sabbath should remind us of God’s love and care for us! **Luke 6:6-11**

Human need and mercy are at the heart of the Sabbath Principle!