

Text: Luke 6:1-11 (ESV)

6:1 On a Sabbath, while he was going through the grain fields, 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.

Big Idea: The Pharisees are growing in their hatred towards Jesus and seek to accuse Him of breaking their man-made rules of the Sabbath. Jesus responds by taking them back to Scripture, healing a man, and making the bold declaration that He is the lord of the Sabbath.

Outline: Jesus is the King of rest.

1. Turn to Jesus for rest.
2. Turn to Jesus for restoration.

Questions:

1. What stuck out to you about the passage or the sermon?
 - a. How will you seek to apply it?
2. In the last couple weeks, where have you turned to find comfort in the chaos?
3. The cycle of false worship is a vicious cycle of struggling, false rest, and guilt or emptiness.
 - a. In what ways are you caught in this vicious cycle?
 - b. How has Jesus made it possible to get out of the cycle?
 - c. How do you get out of the cycle?
4. What does it look like to rest in Jesus?