



Resources

- Watch or listen to Sunday's sermon: abfboone.com/sermons
- Find Life Group resources: abfboone.org/groups/resources

Luke 6:1-5

[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?" [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."

Sermon Outline:

- I. The Old Testament Sabbath
- II. The Pharisees Abuse of Sabbath
- III. The New Testament Believer's Observance of the Sabbath

Life Group Leader Notes:





- ICEBREAKER: What is your history with the sabbath? Did you grow up with restrictions on Sunday? Do you try to set aside a day of rest now?
- Read Exodus 20:8-11. What do you learn about God's intent for the sabbath in this text? When Moses repeated the law in Deuteronomy, he gave a slightly different reason for the Sabbath. Read Deuteronomy 5:12-15. What did you learn from this text?
- God gave his people the sabbath so they would learn to rest. But the Pharisees had built up so many laws around it that it became an impossible burden. Have you ever turned a good thing into a burden? How did this happen?
- Pastor Scott made an interesting observation that the enemies of the Jews have traditionally attacked *on the sabbath*, including this past weekend! Why is this? Have these attacks been successful? Think about the NT church for a moment. Are there any places that *appear* vulnerable where God's enemies might try to attack us?
- Christians, like the Pharisees, are often known for what they *don't do* as opposed to what they *do do*. If a stranger observed your life for a month and had to give a report, would they say that you are more passionate about the things that you are *for* or about the things you are *against*?
- In the last three stories of Luke's gospel, Jesus frustrated the religious leaders simply by the way that he ate (he ate on the wrong day, he did not fast enough, he ate with the wrong people). What does this teach you about the Pharisees? What does this teach you about Jesus?
- Instead of resting in God for one day, Christians are invited to rest in Christ for 7 days of the week. What does this look like practically? How can you rest in Jesus in the midst of a busy workload? (Consider the life of Jesus, resting in his Father, as an example of how to do this).
- Some people might argue that resting in Jesus 7 days a week would disincentivize people from serving or working for the Lord. Is this a legitimate concern?

