

## AF A9 BIBLE STUDY: “Jesus, the Lord of the Sabbath” Luke 6

Scripture of Lesson: Luke’s Gospel 6:1-12

### 1. Origin and Meaning of the Sabbath

- a. Origin of Sabbath: God instituted the seventh day after the creation work as the day of rest in Genesis 2:1-3.

*Thus the heavens and the earth, and all the host of them, were finished. And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.*

- b. Sabbath [or Shabbat] in Jewish tradition

*Shabbat is the most important ritual observance in Judaism. It is the only ritual observance instituted in the Ten Commandments. It is also the most important special day, even more important than Yom Kippur. This is clear from the fact that more aliyot (opportunities for congregants to be called up to the Torah) are given on Shabbat than on any other day.*

*Shabbat is primarily a day of rest and spiritual enrichment. The word "Shabbat" comes from the root Shin-Beit-Tav, meaning to cease, to end, or to rest.<sup>1</sup>*

- c. Sabbath Law as the fourth commandment: Exodus 20: 8-11

*Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.*

### 2. Bible’s Teachings on Sabbath

- a. Christ is the Lord of Sabbath [Luke 6:5]:

*And He said to them, “The Son of Man is also Lord of the Sabbath.”*

- We keep Sabbath holy by doing things to honor and worship the Lord on this day.
- What do we do to honor God on Sundays?

- b. Restoring souls is an activity of worship to God --question asked to all of us by the Lord

*Is it lawful on the Sabbath to do good or to do evil, to save life or to destroy? [Luke 6:9]*

*Is it lawful to heal on the Sabbath? [Luke 14:3]*

- Lord healed the sick people on Sabbath days on purpose to show the true meaning of Sabbath.

- c. Sabbath was created for people, not people for Sabbath [Mark 2:27]

*And He said to them, “The Sabbath was made for man, and not man for the Sabbath.”*

- The weekly day of rest, instituted by God of Creation, was made for the benefit of humanity. It is not found in any other religion.

- d. Sabbath points to our eternal rest with God after our earthly life [Hebrews 4: 8-10]

*For if Joshua had given them rest, then He would not afterward have spoken of another day. There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works as God did from His.*

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<sup>1</sup> <http://www.jewfaq.org/shabbat.htm>  
www.douglaschomistry.net

### 3. Origin of Sunday Christian Worship

- a. The early Christians met on the first day of the week (Sunday).

- Lord's resurrection occurred in early Sunday morning:

*Now when the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, that they might come and anoint Him. Very early in the morning, on the first day of the week, they came to the tomb when the sun had risen. [Mark 16: 1-2]*

- Holy Spirit came down to the believers on the Day of Pentecost, which was the 50th day after Passover feast, hence the first day after seven weeks from the Passover Sabbath.

- Perhaps for these reasons, the Christians met on the first day of the week to break bread, meaning for worship services, either early morning before the day begins or in the evening after the work before Sunday was officially instituted.

*Now on the first day of the week, when the disciples came together to break bread, Paul, ready to depart the next day, spoke to them and continued his message until midnight. [Acts 20:7]*

*On the first day of the week let each one of you lay something aside, storing up as he may prosper, that there be no collections when I come. [1 Corinthians 16:2]*

*I was in the Spirit on the Lord's Day, and I heard behind me a loud voice, as of a trumpet [Revelation 1: 10] --"Lord's Day" was a common reference to the day of the Lord's resurrection*

- b. Emperor Constantine instituted Sunday as the day of rest for all Roman subjects in 321 AD:

*On the venerable Day of the Sun let the magistrates and people residing in cities rest, and let all workshops be closed. In the country, however, persons engaged in agriculture may freely and lawfully continue their pursuits; because it often happens that another day is not so suitable for grain-sowing or for vine-planting; lest by neglecting the proper moment for such operations the bounty of heaven should be lost. (Given the 7th day of March, Crispus and Constantine being consuls each of them for the second time [A.D. 321])*

#### *Discussion Topics:*

- 1. Should we keep Sunday as "Christian Sabbath"?*
- 2. If so, what should be the guideline of our Sunday life?*