

Luke 6:1-11

How to Keep Sunday a Blessing

1. The Sabbath Day

Established at creation and confirmed to Israel through Moses:

Exodus 20:8-11 & 31:12-17

Deuteronomy 5:12-15

Nehemiah 9:13-14

‘sabbath’ = ‘rest’

In the Old Testament the Sabbath Day was the last day of the week, reminding us of the completion of the 'old creation'.

In the New Testament Christians began to meet on the first day of the week...

the day Jesus rose from the dead...

'the Lord's Day' ...

reminding us of Christ's finished work of the 'new creation'.

John 20:19... Acts 20:7... 1 Cor 16:1-2

The Sabbath speaks of rest *after* work in keeping with the Law of God.

The Lord's Day speaks of rest *before* work in keeping with the grace of God.

The Pharisees, in trying to keep the Law, had turned the Sabbath in a burden.

Jesus, by virtue of the grace that is found in Him, wants the Lord's Day to be a blessing.

2. In the Field

Plucking a few heads of wheat was perfectly permissible under the Law, but not, according to the Pharisees, on the Sabbath.

This, in their thinking, was to perform work.

Jesus quotes from 1 Samuel 21:3-6.

To elevate those symbols as being more important than human need was wrong.

Do you use the Lord's Day as a day of rest from your weekly labours and as a special day of service to Christ?

Or do you use the Lord's Day to serve yourself?

The Lord Jesus Christ is
the Lord of the Sabbath.

In your life,
is He truly the Lord of every Lord's Day?

3. The Synagogue

Jesus now appeals to godly morality and compassion.

When God established the Sabbath Day He intended that we cease from serving ourselves, but not that we cease from serving others.

The Sabbath was made for us, not us for it.

It was made for our good to be a blessing, not a burden.

How to keep Sunday a blessing?

1. Have the Lord of the Sabbath to be your Lord and Saviour.
2. Make sure you're not using it to serve yourself and your own needs.
3. Use it in praise and worship and instruction in the Word, and use the day for doing good.