



Revealing the Messiah #5: "Blessing Not Burden"
February 1-2, 2025
Luke 6:1-11

Opener:

Briefly share if and how you ever take a "sabbath rest" from your phone, email, or social media.

Go Deeper:

1. In Luke 6:1-5, the disciples pick grain because they're hungry. How do you see the Pharisees' reaction revealing their understanding (or misunderstanding) of the Sabbath?
 2. When Jesus heals the man with the shriveled hand (Luke 6:6-11), He challenges the religious leaders by asking which is lawful: "to do good or to do evil, to save life or to destroy it?" In your own words, why is this such a challenging question?
 3. Consider the long list of Sabbath "dos and don'ts" in Jesus' time. Why do you think people get so caught up in rigid regulations — even about things like picking up grain or healing someone in need?
 4. Read Psalm 92 and think about the connection with Luke 6. Why does God prioritize rest so much?
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Live It:

1. What do you think Jesus was really trying to communicate when He said, "The Son of Man is Lord of the Sabbath"?
2. How might we sometimes prioritize "rules" over compassion in our own spiritual lives?
3. In what ways do "extra rules" miss the heart of God?
4. How does seeing the Sabbath as a loving gift (rather than a heavy burden) change your perspective on God's commands?



GOD TIME:

Daily Bible Readings (February 2-8)

Sun:	Luke 6:1-16	The Lord of the Sabbath
Mon:	Deuteronomy 5:12-15	Keeping the Sabbath
Tues:	Luke 6:17-19	Jesus Touches and Heals
Wed:	Luke 6:20-26	Blessings and Woes
Thurs:	Luke 6:27-36	Love for Enemies
Fri:	Luke 6:37-45	Judging Others
Sat:	Luke 6:46-49	The Two Foundations

*The readings selected come from the Narrative Lectionary calendar.

