

# THE SABBATH

God's Invitation to  
Worship Through Rest  
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*Text: Luke 13:10-17*

## Scripture

- 10 On a Sabbath Jesus was teaching in one of the synagogues, 11 and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. 12 When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." 13 Then he put his hands on her, and immediately she straightened up and praised God.
- 14 Indignant because Jesus had healed on the Sabbath, the synagogue leader said to the people, "There are six days for work. So come and be healed on those days, not on the Sabbath."
- 15 The Lord answered him, "You hypocrites! Doesn't each of you on the Sabbath untie your ox or donkey from the stall and lead it out to give it water? 16 Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?"
- 17 When he said this, all his opponents were humiliated, but the people were delighted with all the wonderful things he was doing.

## Outline & Study Questions

### Outline

1. The need for Sabbath
2. Why was the Sabbath so important to the Jews?
  - It remembered God as the creator of all things.
  - It was a sign of their covenant with God.
  - It came with a promise of blessing.
  - It remembered God's delivering them from Egypt.
  - It was one of the Ten Commandments.
  - It came with the threat of death.
3. The Sabbath was a major source of their spiritual identity with God.
  - Not intended to be associated with heavy rules
  - Intended to be a source of joyful freedom
4. We are designed to need Sabbath
5. Sabbath...
  - Remembers the beauty and rest of creation
  - Invites us to enjoy God's rest
  - Anticipates the beauty and rest of heaven
6. How can you bring Sabbath rest into your week?

Going Deeper: Use the following questions for personal reflection and/or to discuss with family, friends, and/or small group.

1. Reflect on your faith. Has your faith brought you heavy rules or joyful freedom? If it's changed through the years, comment on how your faith has evolved.
2. Read Matthew 12:1-14. There are two stories here. What are the reasons Jesus uses for "working" on the Sabbath?
3. Read Luke 13:10-17. What are the reasons Jesus uses in this story? In both passages, what were the reasons the Jews used to not work on the Sabbath?
4. Now read Isaiah 56:1-8. What are the blessings of the Sabbath? Who is invited to participate? What significance does this have for us today?
5. Read Isaiah 58:13,14. What is the blessing here?
6. The Jews were right in that the Sabbath should help identify them as God's people. But how did they misinterpret this? How should the Sabbath actually stamp God's identity on us?
7. As you reflect on the invitation of Sabbath, what are some changes that you could make to allow for more rest in your life?