

Why a Sabbath?

Luke 6:1-11

Now it happened that He was passing through some grainfields on a Sabbath; and His disciples were picking the heads of grain, rubbing them in their hands, and eating the grain. ² But some of the Pharisees said, “Why do you do what is not lawful on the Sabbath?” ³ And Jesus answering them said, “Have you not even 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 consecrated bread which is not lawful for any to eat except the priests alone, and gave it to his companions?” ⁵ And He was saying to them, “The Son of Man is Lord of the Sabbath.” ⁶ On another Sabbath He entered the synagogue and was teaching; and there was a man there whose right hand was withered. ⁷ The scribes and the Pharisees were watching Him closely to see if He healed on the Sabbath, so that they might find reason to accuse Him. ⁸ But He knew what they were thinking, and He said to the man with the withered hand, “Get up and come forward!” And he got up and came forward. ⁹ And Jesus said to them, “I ask you, is it lawful to do good or to do harm on the Sabbath, to save a life or to destroy it?” ¹⁰ After looking around at them all, He said to him, “Stretch out your hand!” And he did so; and his hand was restored. ¹¹ But they themselves were filled with rage, and discussed together what they might do to Jesus.

In Hebrew the word sabbath means to cease. When God instituted a one day of rest out of every seven for His people there were several purposes and benefits. Let's take a look at some of these so we can understand the meaning behind the day.

The Sabbath is

1. A day of rest.

Deuteronomy 5:13-14, Leviticus 23:3, Exodus 34:21, Jeremiah 31:25, Matthew 11:28

2. A day of contrasts.

Psalm 18:28, Deuteronomy 23:25, Isaiah 58:13-14, Ephesians 4:28, 5:8, 1 Thessalonians 4:11, 2 Thessalonians 3:10

3. A day of recognition.

Psalm 63:2, 103:1, Deuteronomy 5:12, 15, Exodus 31:12-13, Ezekiel 20:20