

Jesus Has Become Your Sabbath Rest Luke 6:1-11

Luke 6:5 – ⁵Then he told them, “The Son of Man is Lord of the Sabbath.” (CSB)

I. The New Testament Christian lives under a **New Covenant**.

Hebrews 8:13 – By saying a new covenant, he has declared that the first is obsolete. And what is obsolete and growing old is about to pass away. (CSB)

II. How do you find the **Sabbath rest** under the New Covenant?

Hebrews 4:9-11 – ⁹Therefore, a Sabbath rest remains for God’s people. ¹⁰For the person who has entered his rest has rested from his own works, just as God did from his. ¹¹Let us then make every effort to enter that rest, so that no one will fall into the same pattern of disobedience. (CSB)

Hebrews 8:6 – But Jesus has now obtained a superior ministry, and to that degree he is the mediator of a better covenant, which has been established on better promises. (CSB)

III. What does living a life with Jesus as **Lord of the Sabbath** look like?

Romans 14:5-13 – ⁵One person judges one day to be more important than another day. Someone else judges every day to be the same. Let each one be fully convinced in his own mind. ⁶Whoever observes the day, observes it for the honor of the Lord. Whoever eats, eats for the Lord, since he gives thanks to God; and whoever does not eat, it is for the Lord that he does not eat it, and he gives thanks to God. ⁷For none of us lives for himself, and no one dies for himself. ⁸If we live, we live for the Lord; and if we die, we die for the Lord. Therefore, whether we live or die, we belong to the Lord. ⁹Christ died and returned to life for this: that he might be Lord over both the dead and the living. ¹⁰But you, why do you judge your brother or sister? Or you, why do you despise your brother or sister? For we will all stand before the judgment seat of God. ¹¹For it is written, as I live, says the Lord, every knee will bow to me, and every tongue will give praise to God. ¹²So then, each of us will give an account of himself to God. ¹³Therefore, let us no longer judge one another. Instead decide never to put a stumbling block or pitfall in the way of your brother or sister.

A. **Remember**

B. **Keep it holy**

C. **One out of seven**

D. **The whole of your life**

E. **God's Sabbath rest**

Isaiah 1:16-17 – ¹⁶Wash yourselves. Cleanse yourselves. Remove your evil deeds from my sight. Stop doing evil. ¹⁷Learn to do what is good. Pursue justice. Correct the oppressor. Defend the rights of the fatherless. Plead the widow's cause.

Thought For The Week:

Meditate all our life on a **perpetual Sabbath**.

-John Calvin

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