



**Lesson Aim:** To discuss what it means to live a life of loving God and others out of gratitude instead of in rules and regulations or out of insecurity.

**Prayer:** Ask the Holy Spirit to lead your personal study time and/or discussion.

**Icebreaker:** As a child did you tend to follow the rules or break them?

1. **Read Luke 6:1-11.** Jesus answered the Pharisees' question with a story rather than a reason for his disciples' actions. What do you think he was trying to communicate in verses 3-5?
2. In verses 6-11 it seems as if Jesus is provoking the Pharisees by choosing to heal the man's hand on the Sabbath. What would Jesus say was the priority in this situation compared with what the Pharisees would say?
3. Have you ever felt conflicted between obeying rules and helping someone? Describe the situation and share how you handled it.
4. How can we tell when our faith in Jesus has become more about following the rules rather than caring for others?
5. What did Jesus mean when He said He was Lord of the Sabbath in vs. 5?
6. What meaning does Jesus being Lord of the Sabbath give to the two stories in verses 1-11?
7. What does the word Sabbath mean to you? Is the Sabbath intended to be a spiritual practice now?
8. **Read Leviticus 23:3 and Matt. 11:28-30.** How does the verse in Leviticus describe the Sabbath? According to Jesus in the Matthew passage, what does He offer us? Discuss how the idea of Sabbath and rest relate to each other.
9. What do you think is the motivation behind God's desire for us to still have a time of rest?
10. What are the obstacles that keep you from observing a time of rest in your week?

**Close in prayer as the Lord leads you.**

This **LifeGroup** Study Guide is designed to help you apply Sunday's message. You can do this homework on your own; however we encourage you to check out our warm and friendly message-based **LifeGroups**! Get a copy of this Study Guide at [theBridgeFresno.com](http://theBridgeFresno.com) by clicking on the "Resources" link.

## **Luke 6:1 - 11**

### **Background**

- The Sabbath (Exodus 20:8-11)
- The Pharisees (Acts 23:6-8; 26:5; Philippians 3:4-6)
- David's Story (1 Samuel 21:1-10)

### **Jesus is Lord of the Sabbath (verses 1 - 5):**

- Jesus is God and He decides how the Sabbath applies to real life.  
(cf. Matthew 12:6-8; Mark 2:27-28)
- *Future implication:* through His death & resurrection, Jesus would fulfill all the obligations of the Old Testament Law, including Sabbath-keeping.  
(John 19:30; Romans 14:4-6a; Colossians 2:13-17)

### **Love Trumps Legalism Every Time (verses 6 - 11)**

### **How can we avoid becoming “accidental Pharisees”? (cf. Matthew 12:9 - 14)**

- Don't turn helpful spiritual tools into rigid and burdensome rules.
- Don't make personal, extra-biblical “fences” more important than the commands and priorities that are actually in God's Word.

### **Some Questions to Take Home**

- Am I finding “rest” in Jesus? (Matthew 11:28-30)
- Is the love of Jesus the driving motivation for my decisions, lifestyle & obedience?  
(2 Corinthians 5:14-15)
- Will I strive to love God & love others by doing good even if I face opposition?  
(Mark 12:28-31)