

**Scripture:** Matthew 12:1-8 & Luke 13:10-17

LD 38 #3

**Singing:** 251:1-3 – 29:1-3 – 401:1-3 – 427:6

But we know that the law is good, if a man use it lawfully. (1 Tim. 1:8)  
If any man teach otherwise, and consent not to the wholesome words, even the words of our Lord Jesus, and to the doctrine which is according to godliness, he is proud, knowing nothing... (1 Tim. 6:3)

### THE REST AND REFRESHMENT DAY (3)

I. Why to remember II. How to remember

#### II. HOW ARE WE TO REMEMBER THE SABBATH SO WE EXPERIENCE ITS BLESSING

A. The 4<sup>th</sup> commandment itself specifies one detail: *we are not to labor*

1. The detail of this commandment

a. refers to our *ordinary* work of all in our household

b. refers to a *special work* we are to be engaged in on the Sabbath

B. To explore *how are we to remember*, we will study Jesus' example

1. As the Law-Keeper He has expounded the Law in His example (Matt. 5:17)

C. Mark 2:27-28: *Jesus announces that He is also (!) the Lord of the Sabbath*

1. His Lordship rules over all things

2. He taught that the *Sabbath was made (designed) for man*

3. He taught that *we were not made for the Sabbath*

a. Jewish teaching: *no matter what, keep the Sabbath*

b. Jesus' teaching: *remember the Sabbath but without canceling mercy*

D. How did Jesus keep the Lord's Day?

1. Jesus always attended the synagogue services on Sabbath: Luke 4:16  
a. He went to teach the Word of God: Mark 1:21; 6:2; Luke 4:31; 6:6

2. Jesus did works of necessity: Matt. 12:1-8

a. the main point of Jesus' answer in vs. 3-7

(1) The law is not intended to keep us from showing mercy (3-5)

(2) As Lawgiver, He may grant exceptions (vs. 6)

(3) Mercy and kindness rank higher than strict external compliance with the duties of religion (Hosea 6:6; Micah 6:8; John 7:22-24)

3. Jesus performed acts of charity: Luke 13:10-17

a. healing on Sabbath was for Jesus not only charity: *it was exposing the hypocrisy in strict religious observances*

- opposition to good deeds may have the appearance of faithfulness to and regard for strict religion yet be hypocritical

b. Jesus' example is directive and normative: *do good is our call!*

- consider the usual action in Luke 14:1

REFLECTION: *Do we treat the weekly Lord's Day as the queen of days?*

A. Examine your *Sabbath keeping practices*

B. Examine your *Sabbath preparing practices*