

Lesson #3-20

The Lord of the Sabbath

Luke 6:1-16

PK-2nd

Key Verse:

Then [Jesus] said to them, “The Son of Man is Lord of the Sabbath.”
Luke 6:5

The Point:

Jesus teaches us the Sabbath is for rest and service to others.

Making Connections:

Revelation of the Son of Man

Bible Nuts & Bolts:

Names of Jesus

Spiritual Practice:

Worship



Activities a la Carte

Activities

Supplies

Story Centers (PK-K)

15 min.

Kitchen Play

Preparing meals together.

† Play kitchen and accessories

Doctor's Office

Pretending to heal each other.

† Doctor's office play items

† Optional: health care visitors

Apostle Puppets

Crafting puppets of Jesus' followers.

† Activity Sheet #3-20.A

† Scissors

† Craft sticks

† Glue

† Markers or crayons

Into the Story (PK-2nd)

Why Do We Rest?

Our whole selves need a break.

5 min.

† None

Bible Nuts & Bolts (1st-2nd)

Son of Man

Each of us plays different roles in life.

5 min.

† Mural paper

† Markers

Activities a la Carte

Learning the Story (PK-2nd)

Who Is This Guy?

The Pharisees see a troublemaker.

10 min.

- † Bible
- † “Who Is This Guy?” poster from Lesson #3-18
- † Markers or crayons
- † Optional: mural paper, scissors

Living the Story (PK-2nd)

Time Together

Sabbath gives us time to worship.

5 min.

- † None

Singing the Story (PK-2nd)

The Son of Man

Sing a piggyback song to the tune of “This Old Man.”

5 min.

- † None

Additional Activities

Sabbath, Work (PK-2nd)

Play a variation of Red Light, Green Light.

10 min.

- † None

Hands to Heal (PK-2nd)

Who can we help?

5 min.

- † Construction paper
- † Markers
- † Scissors

Different Grains (PK-2nd)

Try out different grains.

10 min.

- † Variety of whole grain snacks
- † Optional: stalk of wheat or other unprocessed grain

Activities a la Carte

Additional Activities

BibleBook (PK-2nd)

Optional ongoing activity.

5 min.

- † Bible Book page (found at end of lesson)
- † Cardstock or plain paper
- † Markers or crayons
- † Optional: three-ring binders, hole punch

Sending the Story (PK-2nd)

5 min.

- † None

Background for Teachers

Making Connections

In last week's lesson, we saw Jesus calling his first disciples: fishermen who were willing to give up everything and follow him. This move was surprising, as rabbis did not usually call their followers from tradesmen but instead from scholars. Jesus continues to surprise people in his ministry in today's lesson. He challenges the more traditional understanding of the Sabbath by serving others (and therefore doing work) on the Sabbath.

Story Summary:

The Lord of the Sabbath

On a Sabbath day, Jesus and his disciples were walking through a field of grain. They picked the grain and ate it. The Pharisees call this out as unlawful, claiming that they should not be working on the Sabbath. Jesus defends this act by referring to a story of King David acting in a time of need. Jesus declares "the Son of Man is Lord of the Sabbath" (Luke 6:5).

On another Sabbath, Jesus stops his teaching in order to heal a man. Scripture points out that Jesus is aware of the Pharisees in the synagogue who will challenge this decision. Jesus challenges them by asking if they should do good and heal even though it is the Sabbath, or do nothing and cause harm. He makes the choice to do good and to heal. This causes more frustration and confusion on the part of the Pharisees.

Jesus then goes to a mountain to pray for the night. The next day, he announces that from among all of his followers, he has chosen twelve disciples. These disciples, or apostles, are Simon Peter, Andrew, James, John, Philip, Bartholomew, Matthew, Thomas, James son of Alpheus, Simon the Zealot, Judas son of James, and Judas Iscariot.

The Point

Jesus teaches us the Sabbath is for rest and service to others. It is easy to get focused on rules and the way we have always done things. In today's Scripture, as throughout his ministry, Jesus reminds us that the important thing is to love and care for each other, and that in doing this we are honoring God.

Bible Nuts & Bolts:

Names of Jesus

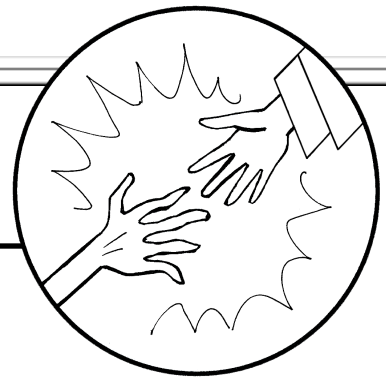
Jesus has many names and titles from the Bible. Jesus' name is the Greek form of the Hebrew name *Yeshua* which means "God saves." Jesus is also called Emmanuel (or Immanuel) which means "God is with us." He is called Messiah and Christ which both mean "anointed one." There are many other names for Jesus as well. The Bible also uses metaphors to describe Jesus. Metaphors are words or phrases that are used to compare one thing to another. The Bible says that Jesus is like a shepherd, a mother hen, a vine, and a lamb.

Spiritual Practice: Worship

With today's focus on the idea of Sabbath, we look at worship as an integral part of the Sabbath experience. How does being in worship with our community help us to pause, refocus, and honor God?



Lesson Plan



Story Centers (PK-K; 15 minutes)

Story Centers are mini-activities designed specifically for preschool and kindergarten students. Depending on the size of your class, you can set these up as centers for in-class rotations or do them as a whole class one after another. In most preschool and kindergarten classes, these centers along with a snack, the “Learning the Story” activity, and the “Living the Story” activity will fill the education time, but feel free to choose any activity you think would be fun and appropriate for your class.

Kitchen Play

Create an area for students to do kitchen play. If you do not have access to an actual set up, you can bring items to set a table, or pots and pans and empty boxes to approximate kitchen items. Jesus’ first “breaking the Sabbath” moment comes when disciples are picking food to eat.

Doctor’s Office

Have some play stethoscopes, thermometers, and other supplies for children to pretend to be doctors and nurses. Bonus: if you have doctors or nurses in your congregation, have them visit for this opening to show the students how different items are used. Another way that Jesus breaks the Sabbath is by healing a man.

Apostle Puppets

Students will use prepared materials (Activity Sheet #3-20.A, scissors, craft sticks, glue, and markers or crayons) to create an apostle puppet.



Into the Story (PK-2nd; 5 minutes)

Why Do We Rest?

Our whole selves need a break.

You will need:

† Nothing

During class:

1. Check in with students about their week.
2. Have students who take naps raise their hands. Have students who have to do rest time raise their hands. Give students a chance to share their bedtime routines. What do they do to calm down and rest? Encourage students to demonstrate one part of their routine.
3. **It is important for our bodies and brains to take a break each day. This break makes us stronger, smarter, and more able to grow. Our spirits need a break too. We need a chance to pause in our lives and let our faith grow. Today we will be talking a lot about the Sabbath. The Sabbath is a day of rest, set aside at the end of a week to give our whole selves a chance to rest. As we rest, we focus on God!**

Bible Nuts & Bolts (1st-2nd; 5 minutes)

Son of Man

Each of us plays different roles in life.

You will need:

- † Mural paper
- † Markers

During class:

1. Give the students markers and have them gather around the mural paper.
2. **In each of our lives, we play different roles. Right now, I am your teacher. I am also** (complete with a statement true to your life: parent, sibling, partner, profession, hobby, etc.). **Around the edge of the mural paper, write down at least three roles that you play in life.** Examples: daughter, friend, brother, student, athlete, artist, etc.
3. Read aloud some of the students' answers. **In our lives, it's possible to be a lot of different things at the same time. Each of these different parts of our lives helps make us the unique persons that we are. You can be both a daughter and a sister, or an athlete and a musician. We do different things to develop and engage in these roles, but one does not stop the other.**
4. **Now, in the center of the paper, write down different roles or names you can think of for Jesus.**
5. **Today the name for Jesus we are going to focus on is "Son of Man." Jesus' disciples did not call him Son of Man, but Jesus often referred to himself as the Son of Man. He wanted to be sure people understood him as fully human. As a fully human Messiah, Jesus reminded the people of the prophecies of Daniel. This helped some people want to follow him, but it made others uncomfortable because they wanted a more powerful Messiah.**

Learning the Story (PK-2nd; 10 minutes)

Who Is This Guy?

The Pharisees see a troublemaker.

You will need:

- † Bible
- † “Who Is This Guy?” poster from Lesson #3-18
- † Markers or crayons
- † Optional: mural paper, scissors

Before class:

1. Get the “Who Is This Guy?” poster from Lesson #3-18.
2. If you have not used this activity the last two weeks, get a large enough piece of mural paper to trace a student on it. Then continue with this activity.

During class:

1. **Today, we are going to add to the picture of Jesus we have been working on these past few weeks. Today’s Scripture will give us an idea on what the Pharisees thought of Jesus. If you remember back when we talked about the different groups of religious leaders, the Pharisees were a group that thought it was really, really important to follow all of the rules very closely. Some of those rules talked about how they were not supposed to do work on the Sabbath, or rest day.**
2. Have students sit around the poster with markers. Read through the Scripture as a class, breaking every few verses to talk about whether or not there is information that can be added to the picture of Jesus. Have students take turns adding this information.



Living the Story (PK-2nd; 5 minutes)

Time Together

Sabbath gives us time to worship.

You will need:

† Nothing

During class:

1. **We have talked this morning about the Sabbath as a time to rest. Jesus reminded us that it is also a time to do good. The Pharisees were not certain that you could do both.**
2. **The Pharisees and Jesus agreed that people should remember the Sabbath day and keep it holy.**
3. **What are things you do on Sunday (or whenever your Sabbath is) to keep it holy, or special for God?**
4. **One thing we can do is come here, together, to learn about God and about each other.**
5. **Let's each think of one more thing we can do.**
6. Go around the circle and have students each share something they can do to keep the Sabbath.



Singing the Story (PK-2nd; 5 minutes)

The Son of Man

Sing a piggyback song to the tune of “This Old Man.”

The Son of Man,
The Son of Man.
He came to teach us that we can:
Heal those hurting,
Help the poor.
This is the way we serve the Lord.



Additional Activities

Sabbath, Work (PK-2nd; 10 minutes)

Play a variation on Red Light, Green Light.

You will need:

† Nothing

During class:

1. Find a large space for students to play this variation of Red Light, Green Light.
2. The person who is the leader in this first game goes to one end of the room.
3. The other students line up at the other end of the room.
4. Explain that “Sabbath” means stop, and “work” means walk or run.
5. With their back turned to the rest of the students, the leader yells first “work.”
6. When the leader yells “Sabbath” the students must stop and the leader turns around.
7. If someone has not stopped, they go back to the beginning. This is repeated until someone reaches the leader. The first to tag the leader gets to be the leader for another round.

Hands to Heal (PK-2nd; 5 minutes)

Who can we help?

You will need:

- † Construction paper
- † Markers
- † Scissors

During class:

1. Ask each student to trace their hand, and then cut out the handprint.
2. **Jesus reminds us that it is important to help each other. That is how we share God's love with the world.**
3. **Let's each think of someone who might need our help. Write their name or draw them on your paper hand. Just as Jesus taught us, we will use our hands to help one another.**
4. Use the hands to create a border on the "Who Is This Guy?" poster.



Different Grains (PK-2nd; 10 minutes)

Try out different grains.

You will need:

- † Variety of whole grain snacks (wheat, corn, and rice cereal, crackers, etc.)
- † Optional: stalk of wheat or other unprocessed grains

Before class:

1. If you or anyone in your congregation has access to stalks of wheat or other grains, gather them to show the students in your class.
2. Find a few snack products that represent a variety of grains. Cereals are a simple way to achieve this.
3. Before serving any food, always check with participants or caregivers for students who have food allergies. Provide an alternative if necessary.

During class:

1. **In the first part of today's Scripture, the Pharisees are not pleased with Jesus because his disciples picked some grain to eat. Today for our snack, we will think about what grains we eat on a daily basis. Most of us do not walk through a wheat field to get wheat, but there are a number of other ways we have grain in our diet.**
2. Show any examples of grain that you have, and then pass out the snacks to each student. Encourage them to notice difference in flavor and texture.

Bible Book (PK-2nd; 5 minutes)

Optional ongoing activity.

You will need:

- † Bible Book page (found at end of lesson)
- † Cardstock or plain paper
- † Markers or crayons
- † Optional: three-ring binders, hole punch

Before class:

1. Make copies of this week's Bible Book page on cardstock or copy paper for each student.

During class:

1. Pass out Bible Book pages.
2. Read the bottom of the Bible Book page aloud, reminding students of what they learned in the lesson.
3. Have them put their names on their pages, and draw a picture of something they particularly liked or remember from story in the middle of the page.
4. Optional: Collect and three-hole punch the pages, and put them in individual binders for each student to be kept at church until the end of the year. If you wish, you can investigate other options for binding the Bible books through a local print shop at the end of the year instead of using a three-ring binder.



Sending the Story (PK-2nd; 5 minutes)

Prayer

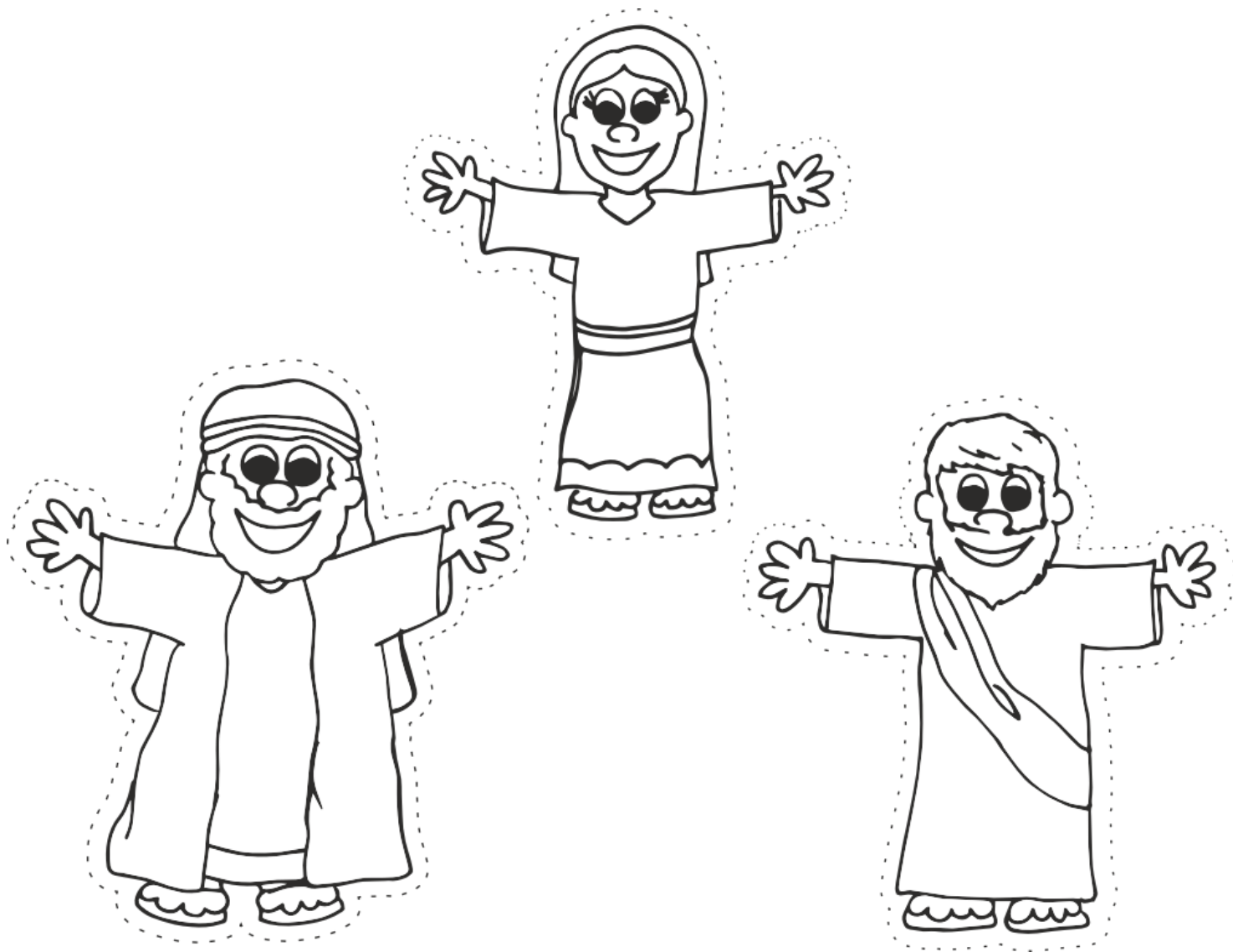
Before ending class, make a point to come together to pray. Use the following or say your own prayer.

First teach the students the basic actions, then lead them in prayer:

Lord, help us remember to rest (head on folded hands),
remember to serve (hands outreached),
and remember to pray (hands in prayer).
Help us to follow your example each and every day. Amen.

Apostle Puppets

Crafting puppets of Jesus' followers.

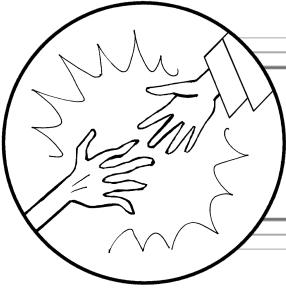


The Lord of the Sabbath

Luke 6:1-16

The Point:

Jesus teaches us the Sabbath is for rest and service to others.



The Story @ Home

PK-2nd

Living the Word: Teaching Kids God's Story
Narrative Lectionary, Year 3 (2020-2021)

Lesson #3-20
Luke 6:1-16

Last Week

Jesus teaches a crowd from Simon's boat and then gives Simon and his partners a miraculous catch of fish. Jesus calls Simon, James, and John to follow him and catch people rather than fish (Luke 5:1-11).

This Week

Some religious leaders challenge Jesus about following the rules on the Sabbath, a day of rest. Jesus reminds them that the Sabbath is a gift for us, not just a set of rules to follow (Luke 6:1-16).

The Point

Jesus teaches us the Sabbath is for rest and service to others.

Story Summary

The Lord of the Sabbath

The Sabbath is the last day of the week. In the Ten Commandments, God commanded that the people rest and not do any work. The Pharisees were a group of Jewish leaders who thought it was very important to follow all of the rules in Scripture. Some of those rules were about what you can or cannot do on the Sabbath. In our passage today, Jesus and the Pharisees come into conflict twice about the Sabbath, first when Jesus' disciples pick some grain as they are walking through a field and the second when Jesus heals a man's hand. Jesus declares that he is the Lord of the Sabbath and that it is better to heal on that day than to harm.

Bible Nuts & Bolts

Names of Jesus

Jesus has many names and titles in the Bible. "Jesus" is from the Hebrew name *Yeshua* which means "God saves." He is also called Emmanuel which means "God is with us." He is called Messiah and Christ which both mean "anointed one." The Bible also uses metaphors to describe Jesus. Metaphors are words or phrases that are used to compare one thing to another. The Bible says that Jesus is like a shepherd, a mother hen, a vine, and a lamb.

Practice: Worship

With today's focus on the idea of Sabbath, we look at worshipping together as an integral part of the Sabbath experience. How does worshipping with our community help us to pause, refocus, and honor God? Come up with a plan for your family to observe the Sabbath this week.

Next Week

A Roman commander sends people to Jesus, asking him to heal his servant by giving the command from far away, which Jesus does. Soon after, Jesus raises a dead man so he can take care of his mother (Luke 7:1-17).

Family Discussions

Use the questions below or other questions you think of to discuss today's Scripture reading (listed above) with your family.

- ✚ Why would the Pharisees consider picking grain to be work, which breaks the Sabbath?
- ✚ How does healing people help us to honor God?
- ✚ What do you think it felt like to be chosen as one of the twelve apostles?

Family Devotions

As you hear and study these stories each week, consider what God has to say to you and your family. What is God's message to us? How should we respond?

Sunday—Read Luke 6:1-16

Jesus continues to challenge people with his ministry, this time focusing on what it means to keep the Sabbath. Reflect on what your family does and could do to remember the Sabbath keep it holy (Exodus 20:8-9).

Monday—Read Deuteronomy 5:12-15

God commands us to keep the Sabbath holy and clarifies that this is not just for the elite or powerful but for all people. Together, think of someone you know who works very hard, and write them a note of appreciation.

Tuesday—Read Luke 6:17-19

Jesus heals not just those who ask, but all in the crowd who came to hear him and were in need. Prepare a first aid kit to go in your car or in another place where it would come in handy.

Wednesday—Read Luke 6:20-26

Jesus gives hope to those who are suffering that God will take care of them in the kingdom of God. Talk as a family about a situation that was hard for you. Were you able to support each other through it? Could you feel God's love in the care of other people?

Thursday—Read Luke 6:27-36

Jesus challenges and encourages us to love our enemies, and to repay their bad acts with acts of kindness and love. Share times when you were successful at this challenge, or when you were not and what you learned from that experience.

Friday—Read Luke 6:37-45

Do not judge one another, but be willing to see yourself for who you are, and to improve. Find some mirrors to look in together. Point out what qualities we can see in the mirror, and talk about what important parts of who we are we cannot see from the outside.

Saturday—Read Luke 6:46-49

Jesus tells people that their faith is like a house, needing a solid and sure foundation. Using dominoes or cards or other building materials, try to build a house on a pillow. Next try to build one on a book or table. Which one has a strong foundation?