

Lesson #3-20

The Lord of the Sabbath

Luke 6:1-16

3rd-6th

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:

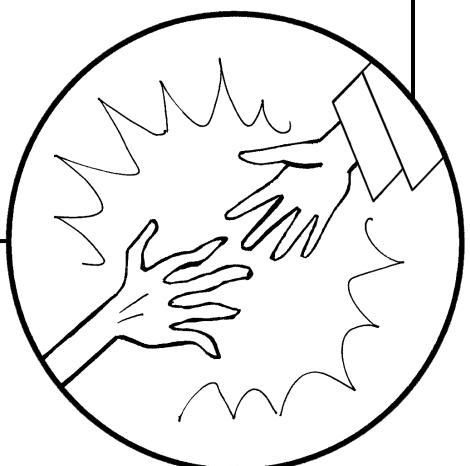
Revelation of the Son of Man

Bible Nuts & Bolts:

Names of Jesus

Spiritual Practice:

Worship



Activities a la Carte

Activities

Supplies

Into the Story

And Keep it Holy...

Observing Sabbath in today's world.

5 min.

† None

Bible Nuts & Bolts

Names of Jesus

Create a word cloud.

10 min.

† Internet-connected devices

† Projector

† Optional: printer, mural paper, marker

Learning the Story

Who is this Guy?

The Pharisees see a troublemaker.

10 min.

† Bibles

† "Who is this Kid?" poster from Lesson #3-16

† Markers or crayons

† Optional: mural paper

Living the Story

My Sabbath Plan

Make space in life for the holy.

10 min.

† Activity Sheet #3-20.A

† Pens or pencils

Additional Activities

To Do Good

Serve the community on the Sabbath.

15 min.

† Service project materials (varying depending on congregational need)

Activities a la Carte

Additional Activities

Remembering the Sabbath

Learn from our community.

10 min.

- † Activity Sheet #3-20.B
- † Pens or pencils

The Apostles

Twelve names to know.

10 min.

- † Name tags
- † Markers

Bible Book

Optional ongoing activity.

5 min.

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

Sending the Story

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



Into the Story (5 minutes)

And Keep it Holy...

Observing Sabbath in today's world.

You will need:

- † Nothing

During class:

1. Check in with your students about how their week has gone.
2. **At the end of each week, we have these days that we call “weekends”.** What kinds of things do you like to do on the weekends? *[Answers will vary.]* Do these things help you feel refreshed and ready for the week ahead? *[Answers will vary.]*
3. For thousands of years, many Jews and Christians have had the practice of keeping a Sabbath day. It is in the Ten Commandments: remember the Sabbath day and keep it holy.
4. Does anyone know what a Sabbath day is supposed to be about? *[God rested on the seventh day, after creating the universe; a day to rest; a day to honor God.]*
5. **Do you think our community is good at remembering the Sabbath and keeping it holy?** *[Encourage conversation and specific examples.]*

Bible Nuts & Bolts (10 minutes)

Names for Jesus

Create a word cloud.

You will need:

- † Internet-connected devices
- † Projector
- † Optional: printer, mural paper, marker

Before class:

1. Choose and familiarize yourself with one of the many word cloud creation sites.
2. Project the word cloud site as you create it so that students can see the list that is being created.
3. If you desire, you can use mural paper and a marker to create a word cloud by hand.

During class:

1. **Today, we are going to look at some of the different names for God's Son, Jesus.**
2. As you talk, type these words into the word cloud creator. **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 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. What are some of the names that you can think of for Jesus?** Allow students to answer. Include the answers in the word cloud.
3. **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. What other metaphors can we use to describe Jesus?** Allow students to answer. Include the answers in the word cloud.
4. **What other words can we use to describe Jesus? How about some descriptive words, like "loving," "forgiving," or "friend?"** Allow students to answer. Include the answers in the word cloud.
5. **When we think of all of these different words and names for Jesus, we are creating a beautiful picture of who Jesus is.** Create the word cloud and display the results. If possible, print the results for them to take home.

Learning the Story (10 minutes)

Who Is This Guy?

The Pharisees see a troublemaker.

You will need:

- † Bibles
- † “Who is this Kid?” poster from Lesson #3-16
- † Markers or crayons
- † Optional: mural paper

Before class:

1. Get the “Who Is This Kid?” poster from Lesson #3-16 if possible. This is an outline of Jesus with comments added from the students.
2. You may add or replace the “Kid” on the poster with “Guy.”
3. If you do not have this poster, then get a large enough piece of mural paper that you will be able to trace a student on it.

During class:

1. **Today we are going to add to the picture of Jesus we started a couple of weeks ago. Today’s Scripture will give us an idea on how the Pharisees perceived Jesus.**
2. **We talked about different Jewish leaders at the beginning of this month. Does anyone remember who the Pharisees were? [A group of people who thought the most important thing to do was follow the rules in the Torah (Bible) as closely as possible.]**
3. Have students sit around the poster (or papers if you are working in small groups) with markers and Bibles. 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 (10 minutes)

My Sabbath Plan

Make space in life for the holy.

You will need:

- † Activity Sheet #3-20.A
- † Pens or pencils

Before class:

1. Make one copy of the Activity Sheet #3-20.A for each student.

During class:

1. We have talked about the Sabbath as a day of rest, and we have heard Jesus remind us that it should be a day for helping others.
2. Pass out the activity sheet. I want you each to think about how you might spend your Sabbath day. Come up with a plan for remembering the Sabbath and keeping it holy. Before you start, let's take a moment to think. What does "holy" mean? *[Very special because it comes from or is directed to God; something set apart because of how it gives us a connection to God.]* How does coming to church help keep it holy? How does worship help keep it holy?

Additional Activities

To Do Good (10 minutes)

Serve the community on the Sabbath.

You will need:

- † Service project materials (varying depending on congregational need)

Before class:

1. Arrange ahead of time for the class to do service in the building. Some ideas include: helping with coffee hour, greeting or hosting, cleaning up the building or grounds, or preparing a mailing for the office.

During class:

1. **When the Pharisees challenge Jesus' decision to heal on the Sabbath, he tells them that it is better to heal and do good, then to do nothing. This doing good is holy and is one way of encountering God.**
2. **Today we are going to do some good as part of our Sabbath practice. I have arranged for us to:** explain the service you will do and give specific guidelines for it.

Remembering the Sabbath (10 minutes)

Learn from our community.

You will need:

- † Activity Sheet #3-20.B
- † Pens or pencils

Before class:

1. This activity involves interacting with people beyond the classroom. Either coordinate with five to six people to come to your classroom, or go to them during the faith formation time.
2. Make a copy of Activity Sheet #3-20.B for each student.

During class:

1. When we tell these stories of Jesus' life and ministry, the Pharisees often are described as the villains. We hear how they disagreed with Jesus' understanding of faith and teachings, how they challenged him, and how they did not understand what Jesus was trying to do.
2. The Pharisees and Jesus had very different ideas, but they were both working to try to preserve the Sabbath.
3. It is not strange for there to be different interpretations in the community about keeping the Sabbath, as well as on a number of other things. It is important to remember that these differences do not make one side good or bad, and it is important to be certain to listen to each other.
4. Hand out the activity sheet to students, and help them get into small groups.
5. Each group needs to find three people from beyond the classroom to question. When each group has completed the work, compare your answers, looking for similarities and differences.

The Apostles (10 minutes)

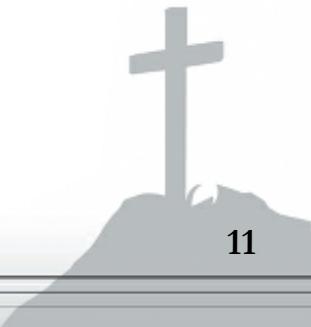
Twelve names to know.

You will need:

- † Name tags
- † Markers

During class:

1. Have students sit in a circle, with enough chairs for all but one.
2. Have each student assume one of the twelve apostles' names. (If there are less than twelve students, do not worry about the missing names; if there are more than twelve, come up with other biblical names or break into multiple groups). Give them a nametag to help them remember their name.
3. The person without the chair is in the middle as the leader. Have someone sitting in the circle call one of the names. The person with that name must call another's name before the leader tags them. If the leader tags successfully, they assume the identity and the person tagged becomes it. If the person calls a name first, that new person must call another name before being tagged and so forth.



Bible Book (5 minutes)

Optional ongoing activity.

You will need:

- † Bible Book page (found at end of lesson)
- † Cardstock or plain paper
- † Pens or pencils
- † 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. Hand out Bible Book pages.
2. **What are some of the important things we have learned from today's story?**
[Answers will vary.]
3. **On the bottom of your page, please write one or two important things that you have learned from the story today. In the middle of the page, draw a picture from the story or illustrate one of the important things you've learned. Don't forget to put your name on the back of the page, please!**
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.

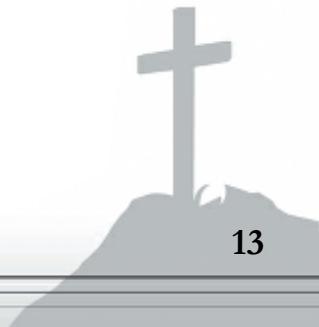
Sending the Story (5 minutes)

Prayer

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

Remembering what we learn as Jesus is revealed to us and as his ministry is made clear. **Let's pray. Repeat after me:**

On Sabbath and in our church, (echo)
help us to do good things. (echo)
On other days and in the world, (echo)
help us to do good. (echo)
On everyday, in everyway, (echo)
help us to do good. (echo)
Amen. (echo)



My Sabbath Plan

Making space in life for the holy.

Do I think of Sunday as my Sabbath day? Yes No

What is the most important part of the Sabbath?

Here is how I think I should spend my Sabbath:

	What will I do? Rest? Serve? Worship?	Is this something I do by myself or with others? If others, who?
7:00am		
8:00am		
9:00am		
10:00am		
11:00am		
12 noon		
1:00pm		
2:00pm		
3:00pm		
4:00pm		
5:00pm		
6:00pm		
7:00pm		
8:00pm		
9:00pm		

Remembering the Sabbath

Learning from our community.

Person 1:	What do you think it means to remember the Sabbath?	What do you think it means to keep the Sabbath holy?	What is one thing that you do to observe the Sabbath?
Person 3:			
Person 2:			

The Lord of the Sabbath

Luke 6:1-16

I Learned:



The Story @ Home

3rd - 6th

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

In the Bible, 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 comes 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?