

Mt. Lebanon Church

Adult Sunday School Lesson

4.21.2024

Please look up and read all verses in their entirety. I have only written partial verses.

Make your own notes, write down other scriptures that you run across while studying, write down questions that you may have or comments as well. Below please find my sharable thoughts, so please allow the Holy Spirit to reveal to you that he would have you to see through the study of God's word to share.

Healing on the Sabbath

Luke 6: 1 – 11

In six days, the Lord God made the heavens and the earth, and on the seventh day he rested. The seventh day of rest was a reflection of God's joy and satisfaction in the work of his creation. Once the law was brought into existence the seventh day became the sabbath day, a day of significance, a sign and a covenant between God and his people. A day that God himself sanctified his people and their rest was rooted in his rest. The sabbath day was a day of redemption, a day of atonement that celebrated God's forgiveness for his people. Now, the law that was given was meant to lead Israel to Christ, who would be the final sacrifice that would end the old covenant in place at that time. Now, when Christ was resurrected on the first day of the week things changed, for Christ finished the work that Adam failed to do. Therefore, it was determined by the church, that under this new covenant that the day of rest, which had become a celebration of God's grace in Christ Jesus would be the first day of the week. From the beginning of the earth to the resurrection of Christ, the sabbath was the last day of the week, and since the resurrection of Christ it is now the first day of the week, called the Lord's Day, the believers sabbath. Therefore, we are no longer bound by the law but by grace, and we have God's word as a daily reminder that as believers we now participate in the reality that we have already entered into God's rest, anxiously awaiting the time which we will experience the fullness of our rest eternally with God.

Hebrews 4: 1 – 11,....for we which have believed do enter into rest....and God did rest the seventh day from all his works....there remaineth therefore a rest to the people of God....for he that is entered into his rest, he also hath ceased from his own works, as God did from his....let us labor therefore to enter into that rest, lest any man fall after the same example of unbelief....

The promise of Gods rest continues to be a firm reality in the lives of every believer, for Gods eternal rest was provided by the shed blood of Christ, on the cross, for the remission of sins, therefore Gods rest for us is in our salvation. So, what is the key to entering into Gods rest? Faith is the key, but sadly there will be those who have heard, but they have rejected because of their lack of faith, for they did not see the connection between their faith, and their eternal rest in God. The faith that enables us to enter into Gods rest is the same faith that keeps us from relying upon our own self-righteous works. We either trust in ourselves to save ourselves, or we trust in God to save us. When we fail to trust in the promises of God, we become disobedient, and therefore we do not enter into the rest that leads to eternal life with God. So, how do we stop trusting in ourselves, and start trusting in God and his promises? We must come to understand our inability to enter into Gods rest on our own, and we must come to know that by faith, through our obedience to Gods word, we than can enter into Gods rest.

Luke 6: 1 – 6,....it came to pass on the second sabbath....he went through the corn fields, and his disciples plucked the ears....and did eat....the Pharisees said....why do ye that which is not lawful....on this sabbath....Jesus....said....have ye not read....what David did, when he himself was an hungered....he went into the house of God, and did take and eat the shew bread....which is not lawful to eat....and he said....the Son of Man is Lord also of the sabbath....

Now, first of all, we must remember that the sabbath day, or the Lords Day belongs to Christ, and is to be spent in service unto him glorifying God. Even though Christ will justify a work of necessity on the sabbath or the Lords Day, we must take heed that we do not mistake the liberty that he has given unto us for an opportunity to commit sin. Therefore, it is Christ that will portray unto us what he sees as a work of necessity on his day, for there are many that observe the Lords Day, but not in devotion to God. For many the Lord's Day is nothing more than a ritual to be observed, only if, and when it is convenient, but Gods word explains otherwise. Mankind was not created to be servants of the sabbath, but God created the sabbath as a day of rest for the benefit of man, a day of reflection, to reflect upon the joy and happiness of the Lord, a day that we might gain spiritual understanding of our salvation. Instead of following after man made rules and regulations, we must follow after the commandments of God, for he is the Lord of the sabbath.

Colossians 2: 23 – 24,....and whatsoever ye do, do it heartily, as to the Lord, and not unto man....knowing that of the Lord ye shall receive the reward of the inheritance, for ye serve the Lord....

For the church, observing the Lords Day is commanded, but not all believers see it as a requirement.

Hebrews 4: 7 - 10,....he limited a certain day....today if you will hear my voice....if Jesus had given them rest, then would he not afterward have spoken of another day....there remaineth therefore a rest to the people of God....for he that is entered into his rest, he also hath ceased from his own works, as God did from his....

Christ is not just the Lord of the sabbath, a particular day and time, Christ himself is the sabbath. Daily we are in him and he in us, therefore, every day is the Lords Day, and the Lords Day is meant to be a day of rest, not of burdens. Therefore, when we speak of the Lords Day we are speaking of our spiritual life in Christ, not a period of time.

As believers, living in this church age, we are given all that we need to live our life in Christ so that we are inwardly pure, outwardly holy, and always set apart unto the Lord. Therefore, no matter how the circumstances of our life may be, we are to do everything with humility, as to glorify God. When we live righteously, according to Gods moral standard it is then that our role within the body of Christ will fulfill the responsibility of the practical instruction that is given unto us through Gods word, and one of those commands being the command to observe a day and time so that we may rest from our labors, not forsaking the assembling of ourselves together.

Hebrews 10: 25,....not forsaking the assembling of ourselves together, as the manner of some is, but exhorting one another, and so much the more, as ye see the day approaching....

Luke 6: 6 – 11,....it came to pass....on another sabbath....he entered into the synagogue and taught, and there was a man whose right hand was withered....and (they)....watched him, whether he would heal on the sabbath....he knew their thoughts....Jesus said....is it lawful on the sabbath days to do good, or to do evil? To save life, or to destroy it?....looking around....he said unto the man. Stretch forth thine hand....and his hand was restored whole....

So, why do we go to church on Sunday? Some only come in hopes that by doing so, God will fix all their problems, some go because they think that their good works will bring unto them material wealth, and security in Gods eternal rest, others come just because they want to find fault in the lives of other believers, hoping that it will help them to justify the faults in their own lives, and then there are those who come because they feel it is their religious duty. Others come out of guilt, or maybe just to feel holy within the body of Christ. No matter what the reason all of us at some time or another have come to church with one of these motives in mind, and in doing so we have missed out on the opportunity to take part in the joy and peace and rest on the Lords Day. So why should we come? It is to reflect on the joy and satisfaction of the saving grace of Jesus Christ, which is so freely given unto us by God. And with this joy comes the satisfaction of knowing that we are strengthening our relationship with God and with one another in the body of Christ, all the while learning obedience through the teaching and sharing of God's word, encouraging one another to strive in our willingness to tell others about the saving grace of Jesus Christ, patiently waiting on the Lord's return.

Psalm 118: 24,....this is the day that the Lord hath made, we will rejoice and be glad in it....

Every day is the Lords Day!

Let us Pray.

If anyone has any questions, comments or would just like to discuss any of the scriptures, feel free to call, text or email me. Keep praying for each other and all the God lays upon your heart. Hope to see everyone soon. God Bless.

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