

## **Time Audit Chronicles: Teachings on the Sabbath** (Luke 6:1-11)

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### **Prologue: Understanding the Sabbath through Jesus' Eyes**

The Presswood family sat together in their living room, the last traces of sunlight fading as they delved into another story of Jesus' ministry. Ariel had just finished reading Luke 6:1-11, where Jesus taught about the true meaning of the **Sabbath** and revealed His authority over it. She was deep in thought, processing the significance of what she had just read. Alice, with Mr. Fluffernutter in hand, was pretending to be a Pharisee, checking the "rules" for what people could and couldn't do on the Sabbath.

"Daddy," Ariel began, her voice filled with curiosity, "Why did Jesus make such a big deal about the Sabbath? Isn't it a good thing to honor the Sabbath and keep it holy?"

Ryan smiled, recognizing Ariel's desire to understand the deeper meaning. "That's a great question, Ariel. The Sabbath is indeed a **holy day**, set aside by God for rest and worship, as He commanded in the **Ten Commandments**. However, over time, the religious leaders—the **Pharisees**—had added so many rules and restrictions about what you could and couldn't do on the Sabbath that it became more about **legalism** than about God's original intention. Jesus came to remind everyone that the Sabbath is about **mercy, rest, and worship**—not about strict rules that burden people. He wanted to show that mercy is more important than sacrifice, and that He, as the Son of Man, had authority over the Sabbath."

Ariel thought for a moment. "So, the Pharisees were more focused on the rules than on showing mercy? They were so concerned with not 'breaking' the Sabbath that they forgot what it was really for?"

"Exactly," Ryan said. "Jesus used these moments to challenge their understanding of God's law. The Sabbath was meant to be a gift to people—a day for rest and healing, not a day to feel burdened by rules. Jesus was showing that He is the **Lord of the Sabbath**, and that He has the authority to define what is truly important when it comes to honoring God's commands."

Ariel nodded, beginning to grasp the deeper meaning. "So, Jesus was reminding them that the Sabbath isn't about being legalistic—it's about showing **mercy** and focusing on what really matters."

"That's right," Ryan said. "Let's go back in time and see how Jesus addressed this issue with the Pharisees, showing them what the Sabbath was truly meant to be."

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### **The Journey Begins: Jesus and His Disciples in the Grain Fields (Luke 6:1-2)**

The Time Audit Machine hummed, and with a flash of light, the family found themselves walking through a field of **grain**. It was a beautiful day, and the sun was warm on their faces. Jesus and His disciples were walking along the path when they began to pick heads of grain and eat them, a practice allowed by the law to provide food for the hungry. However, the Pharisees were watching closely, ready to accuse them of breaking the Sabbath law.

“This is where the scene takes place,” Ryan said, gesturing to the grain field. “The disciples were hungry, so they picked some grain to eat. According to the law, they were allowed to do this in need, but the Pharisees criticized them, saying they were working on the Sabbath.”

Ariel looked around at the field, imagining the scene. “It seems so simple—just eating some grain to satisfy hunger. But the Pharisees were more concerned with the rules than with showing mercy.”

“Yes,” Ryan said. “The Pharisees had twisted the law so much that they failed to see the purpose of the Sabbath. They had added so many extra rules that what was supposed to be a day of rest and refreshment had become a burden. Jesus, however, saw the Sabbath as a time for mercy, healing, and doing good.”

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### **Jesus’ Response: “The Son of Man is Lord of the Sabbath” (Luke 6:3-5)**

Jesus responded to the Pharisees’ criticism by pointing to an example from the Old Testament: When **David** and his men were hungry, they ate the sacred bread from the temple, which was only meant for the priests to eat. Jesus used this example to show that human need takes precedence over ritualistic laws:

“And Jesus answering them said, Have ye not read so much as this, what David did, when himself was an hungered, and they which were with him; How he went into the house of God, and did take and eat the shewbread, and gave also to them that were with him; which it is not lawful to eat but for the priests alone?” (Luke 6:3-4)

Ariel’s eyes widened. “David broke the law to feed his men, but it was okay because they were hungry. Jesus is showing that the law isn’t meant to burden people—it’s meant to be for their good.”

“Exactly,” Ryan said. “Jesus is using this story to show that God’s law was never meant to be a burden. In fact, the law was given to help people, not to make them suffer. And in this case, the disciples were hungry. Jesus’ point is that mercy and human need take precedence over rigid interpretations of the law. God cares about people’s needs more than the letter of the law.”

Ariel smiled. “Jesus is showing that people’s well-being comes first. That’s what the Sabbath was meant for—to give people rest and healing.”

“Yes,” Ryan said. “And then Jesus makes a bold statement. He declares, ‘**The Son of Man is Lord of the Sabbath.**’ This was a powerful declaration that He, as the Messiah, has authority over the Sabbath. He wasn’t just following the law—He was the one who gave the law, and He knew what it was meant to accomplish.”

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### **Jesus Heals on the Sabbath: Mercy Over Legalism (Luke 6:6-10)**

The next part of the story takes place in a **synagogue** where a man with a withered hand was present. Jesus, seeing him, asked the Pharisees a question:

“And it came to pass also on another Sabbath, that He entered into the synagogue and taught: and there was a man whose right hand was withered. And the scribes and Pharisees watched Him, whether He would heal on the sabbath day; that they might find an accusation against Him.” (Luke 6:6-7)

Ariel was puzzled. “The Pharisees were waiting to see if Jesus would heal the man on the Sabbath so they could accuse Him of breaking the law?”

“Yes,” Ryan said. “The Pharisees were so focused on the law that they didn’t see the opportunity for mercy and healing in front of them. They didn’t understand that Jesus was showing the true meaning of the Sabbath—doing good and showing compassion.”

When Jesus saw the man with the withered hand, He asked the Pharisees a rhetorical question:

“Is it lawful on the sabbath days to do good, or to do evil? to save life, or to destroy it?” (Luke 6:9)

Ariel thought carefully. “Jesus was asking them: ‘What is the point of the Sabbath? Is it about following rules, or is it about doing good—like healing someone who is suffering?’”

“That’s exactly it,” Ryan said. “Jesus was challenging their thinking. The Sabbath is meant to bring life, not just rules. And Jesus, as the Lord of the Sabbath, had the authority to heal on the Sabbath. Healing was the very thing the Sabbath was meant to represent—a time for restoration and renewal.”

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### **The Healing: Restoring the Man’s Hand (Luke 6:10)**

Without waiting for a response, Jesus healed the man’s withered hand, demonstrating His authority over both the Sabbath and the law:

“And looking round about upon them all, He said unto the man, Stretch forth thy hand. And he did so: and his hand was restored whole as the other.” (Luke 6:10)

Ariel gasped. “Jesus healed the man’s hand right in front of the Pharisees, showing that mercy and healing are more important than the rules they were focused on.”

“Yes,” Ryan said, smiling. “Jesus was teaching that **doing good** and showing **mercy** are what God values most. The law was meant to give rest and freedom, not to create barriers or restrictions. And Jesus, as Lord of the Sabbath, demonstrated the true purpose of the day: to restore and to heal, physically and spiritually.”

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### **The Pharisees’ Reaction: Anger and Plotting (Luke 6:11)**

The Pharisees, seeing Jesus break their legalistic interpretation of the Sabbath, became **furious**. They were more concerned with maintaining their authority and rules than seeing the healing that had just occurred.

“And they were filled with madness; and communed one with another what they might do to Jesus.” (Luke 6:11)

Ariel shook her head. “It’s so sad—they were more angry about breaking the rules than about the man being healed.”

“Yes,” Ryan said. “The Pharisees’ legalism had blinded them to the mercy and grace that Jesus was offering. Instead of celebrating the man’s healing, they plotted against Jesus because He didn’t follow their strict interpretation of the law. But Jesus was

’t there to follow their rules—He was there to show them the heart of God’s law: mercy, compassion, and restoration.”

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### **Reflection: Jesus and the True Meaning of the Sabbath**

Back in the garage, the Time Audit Machine powered down, and the family sat quietly, reflecting on what they had just witnessed. Ariel turned to her father, deep in thought. Alice, still with Mr. Fluffernutter, was pretending to heal her toys once more.

“Jesus wasn’t interested in legalism,” Ariel said softly. “He wanted people to see that the **Sabbath** is about showing mercy, doing good, and bringing healing to others. It’s not about following a bunch of rules—it’s about **restoring** and **renewing** people.”

“That’s exactly right,” Ryan said. “Jesus showed us that **God’s law** is meant to bring life, not burden people with rules. The **Sabbath** is meant to be a time for **mercy**, for **rest**, and for **healing**. Jesus came to show that the law’s purpose is to restore people, not restrict them.”

Ariel smiled. “So, the Sabbath isn’t about just resting—it’s about making the world better, about doing good and showing love to others.”

“Yes,” Ryan said, “and when we understand the true meaning of the Sabbath, we can experience rest in a deeper way. It’s a rest that comes from knowing we’re in right relationship with God and that we’re called to share that love and mercy with the world.”

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### **Takeaway: The Sabbath as a Gift of Mercy and Healing**

In Luke 6:1-11, Jesus teaches us the true purpose of the Sabbath. It was never meant to be about rigid rules or legalism, but about mercy, rest, and healing. Jesus, as the **Lord of the Sabbath**, demonstrates that the law should bring restoration to people, not burdens. The healing of the man with the withered hand is a powerful reminder that God values **mercy** over sacrifice and that **doing good** is the true essence of honoring God’s commands. Jesus calls us to understand that the Sabbath is a day for **restoring** and **renewing**—a day to show love, compassion, and healing to others.