

CrossWalk **notes**

Investigating Jesus

Questions about Fasting and the Sabbath

February 25, 2024 / Dan Solofra

Do my religious customs and habits bring me closer to God?

³³ They said to him, “John’s disciples often fast and pray, and so do the disciples of the Pharisees, but yours go on eating and drinking.”

³⁴ Jesus answered, “Can you make the friends of the bridegroom fast while he is with them? ³⁵ But the time will come when the bridegroom will be taken from them; in those days they will fast.” **Luke 5:33-35, NIV**

There is a time and a place for different faith customs and habits.

³⁶ He told them this parable: “No one tears a piece out of a new garment to patch an old one. Otherwise, they will have torn the new garment, and the patch from the new will not match the old. ³⁷ And no one pours new wine into old wineskins. Otherwise, the new wine will burst the skins; the wine will run out and the wineskins will be ruined. ³⁸ No, new wine must be poured into new wineskins. ³⁹ And no one after drinking old wine wants the new, for they say, ‘The old is better.’” **Luke 5:36-39, NIV**

Jesus is replacing the old covenant with a new and better covenant. (But we like what we know.)

¹ One Sabbath Jesus was going through the grainfields, and his disciples began to pick some heads of grain, rub them in their hands and eat the kernels. ² Some of the Pharisees asked, “Why are you doing what is unlawful on the Sabbath?”

³ Jesus answered them, “Have you never read what David did when he and his companions were hungry? ⁴ He entered the house of God, and taking the consecrated bread, he ate what is lawful only for priests to eat. And he also gave some to his companions.” ⁵ **Then Jesus said to them, “The Son of Man is Lord of the Sabbath.” Luke 6:1-5, NIV**

When it comes to religious rules, it is not man’s rules, but God’s rest.

¹⁶ Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. ¹⁷ These are a shadow of the things that were to come; the reality, however, is found in Christ. **Colossians 2:16-17, NIV**

⁶ On another Sabbath he went into the synagogue and was teaching, and a man was there whose right hand was shriveled. ⁷ The Pharisees and the teachers of the law were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal on the Sabbath.

⁸ But Jesus knew what they were thinking and said to the man with the shriveled hand, "Get up and stand in front of everyone." So he got up and stood there.

⁹ Then Jesus said to them, "I ask you, which is lawful on the Sabbath: to do good or to do evil, to save life or to destroy it?"

¹⁰ He looked around at them all, and then said to the man, "Stretch out your hand." He did so, and his hand was completely restored. ¹¹ But the Pharisees and the teachers of the law were furious and began to discuss with one another what they might do to Jesus. **Luke 6:6-11, NIV**

Jesus brings me close to God.

I will use habits and customs that focus my attention on him.

Vision Statement

CrossWalk Church is a community where all come to know the grace of God and strive to live new and to share the love of Jesus.

MEMORY VERSE

⁵ Then Jesus said to them, "The Son of Man is Lord of the Sabbath." **Luke 6:5, NIV**

My next step:

I will enjoy the rest that Jesus has won for me. I will develop habits and use customs to focus my attention on him.

What's your next step?

Mark it on your connection card.

Group Questions

Have you ever given something up for Lent?

Did you find it helped you grow closer to God?

Do you think giving something up for Lent is a good custom?

Colossians 2:16-17 shows that religious customs and rituals are meant to point to Jesus. In what way do we enjoy true Sabbath (rest) in Jesus?

Man-made rules can be valuable for focusing our attention on Jesus. But why is it always important to keep reevaluating them?

What CrossWalk customs or encouraged habits have you appreciated? What customs might be valuable to start?