

**Restoring Our True Rest - Luke 6:1-16**

*Jesus leads us into a Sabbath that brings delight to our souls and blessings to others.*

**Paradigm Shifts** – Luke 5:37-39

- Luke 5:34 “...the bridegroom is *with them*”
1. Life Under God’s Law

2. Life With God’s Son
  - Luke 5:8

**Refreshing Our Delight In The Lord** – Luke 6:1-5

1. The Sabbath is your “Day of rest”
  - Genesis 2:2-3
2. The Sabbath is God’s interruption to boring routines
3. The Sabbath is God’s feast for you to worship with others
4. The Sabbath is your delight in the Lord
  - Isaiah 58:13-14

**Restoring Others Through Our Kindness** – Luke 6:6-10**Old and New Wine Skins** – Luke 6:11-16

*Questions: Which paradigm have you been living under? What do you want most from your Sabbath? What needs to change internally or externally to find your delight in the Lord?*

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