



## Lesson #3-20

# *The Lord of the Sabbath*

Luke 6:1-16

**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.

**Unit Theme (December 25—January 31)**

Revelation of the Son of Man

## *Sabbath, Work*

*Play a variation on Red Light, Green Light.*

*You will need:*

† Nothing

*Instructions:*

1. Find a large space for participants to play this variation of Red Light, Green Light.
2. The person who is the leader in this first game goes to one end of the room.
3. The others line up at the other end of the room.
4. Explain that “Sabbath” means stop, and “work” means walk or run.
5. With their back turned to the rest of the participants, the leader calls first “work.”
6. When the leader calls “Sabbath” the participants must stop and the leader turns around.
7. If someone has not stopped, they go back to the beginning. This is repeated until someone reaches the leader. The first to tag the leader gets to be the leader for another round.
8. This game can be played with other actions instead of walking or running if desired due to lack of space, differing physical abilities, or other reasons. Examples include: waving arms, talking, even coloring.