



August 25, 2019

“Grace is our Law”

Luke 13:10-17

Jesus was teaching in one of the synagogues on the Sabbath. – Luke 13:10

**Intended  
Belief**



## **Sabbath:**

A physical rest from the effects of work.

**Be still** and know God.

A soul rest from the effects of life.

**Fixate** on the Personality of Jesus.

A collective rest.

**Marinate** in the Peace of Christ.

*just  
breathe*



<sup>11</sup> A woman was there who had been disabled by a spirit for eighteen years. She was bent over and couldn't stand up straight. <sup>12</sup> When he saw her, Jesus called her to him and said,

*“Woman, you are set free from your sickness.”*

## **Spirit Illness:**

<sup>13</sup> He placed his hands on her and she straightened up at once and praised God.

### **The Sabbath Worship**

implied Spiritual/Emotional healing occurs.

### **The Group Gathering (synagogue)**

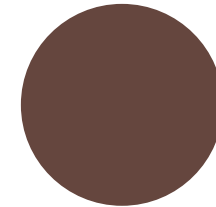
has always intended to be therapeutic.

**The Worship Gathering** produces the Deep Breath necessary for life healing.

**Intended  
Belief**

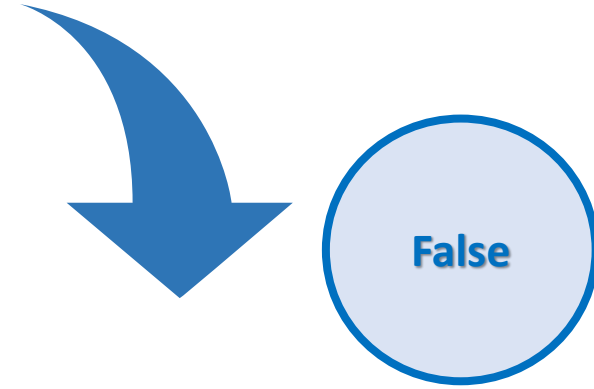


**Take a Deep Breath  
and Let Go!**



<sup>14</sup> The **synagogue leader**,  
incensed that Jesus had healed on the Sabbath, responded,  
“There are six days during which work is permitted.  
Come and be healed on those days, not on the Sabbath day.”

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Our reaction to the life of others reflects  
directly on our Spiritual Maturity/Health.

Our repetitive bitterness in situations  
reflects our need for personal healing.

Our, often, unmet need is to **Pause**,  
**Breathe Deep** and **Let Go**....

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Healing is good....

**if** it's done right.

**If** it doesn't interfere with my routine.

**If** we don't have to touch...

**breathe.**

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The “Why” others upset us, many time, lies within us.

<sup>15</sup> The Lord replied, “**Hypocrites!**  
Don’t each of you on the Sabbath  
untie your ox or donkey from its stall  
and lead it out to get a drink?

The law made provisions  
for the care of livestock on the Sabbath.

## **The Point made**

**she** is one of you.

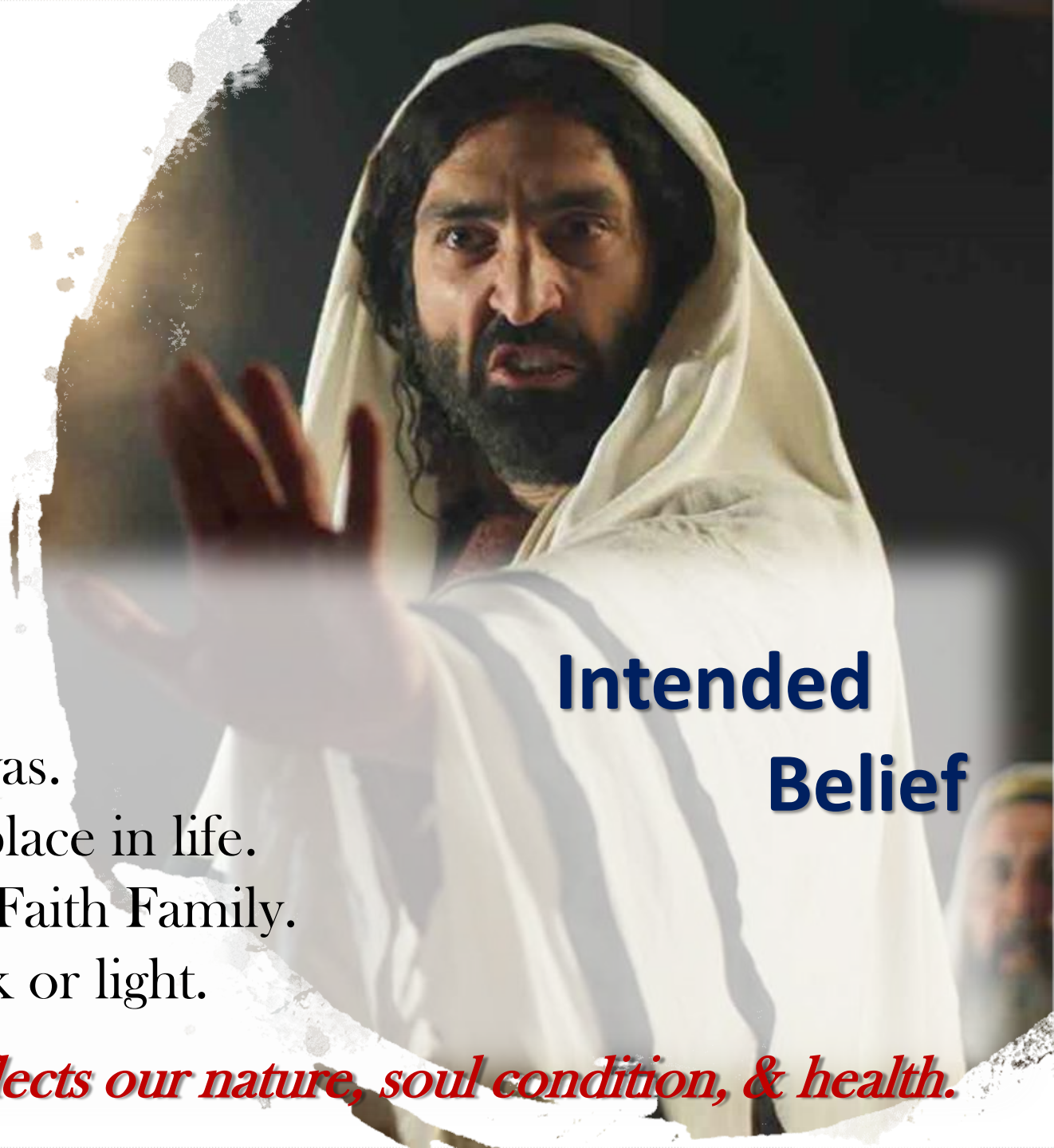
**she** was unclean, now is not, & never was.

**she** should be celebrated for her new place in life.

**she** is esteemed and welcome into the Faith Family.

**she** is treated as your soul is either dark or light.

*The treatment of the weakest among reflects our nature, soul condition, & health.*



**Intended  
Belief**



<sup>16</sup> Then isn't it **necessary** that this woman, a daughter of Abraham, bound by Satan for eighteen long years, be set free from her bondage on the Sabbath day?"

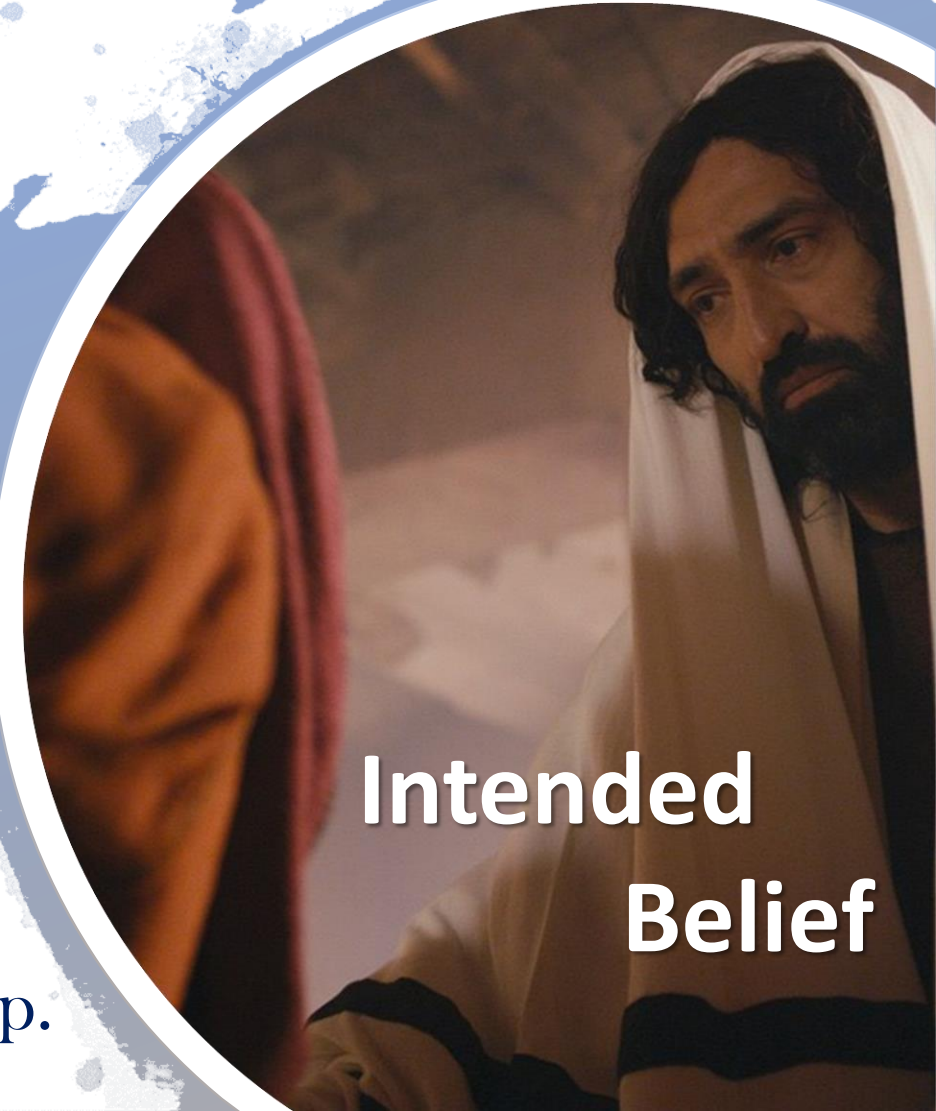
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## Necessary

**Women:** marginalized in society, not accepted among men, incapable of position, and distanced from thought.

**Imperative:** uplifting the marginalized in worship.

## Daughter of Abraham



Intended  
Belief



<sup>17</sup> When he said these things,  
all his opponents were put to shame,  
but all those in the crowd rejoiced  
at all the extraordinary things he was doing.

**Emotional Healing:**  
Worry, anxiety, control,  
power, sexism, racism,  
negativity, bitterness, etc.

**Heart of the Matter:**  
These things must be  
addressed in worship to  
have a Sabbath.

**Light Shines:**  
when the marginalized are  
defended.





Fixate on the Personality of Jesus/God.  
and **Breathe!**

Focus on those that live in the Margins,  
feel their emotions and **Breathe!**

Find your Happy Thought, live in that  
thought, and **Breathe!**

Facilitate opportunities to be with varieties  
of people, open your heart and **Breathe!**

Forgive others for not measuring up to your  
standards, forgive yourself for expecting them to  
measure up and **Breathe!**