



## 12. “Sabbath Rest”

*<sup>1</sup> At that time Jesus went through the grainfields on the Sabbath, and His disciples became hungry and began to pick the heads of grain and eat. <sup>2</sup> But when the Pharisees saw this, they said to Him, “Look, Your disciples do what is not lawful to do on a Sabbath.” <sup>3</sup> But He said to them, “Have you not read what David did when he became hungry, he and his companions, <sup>4</sup> how he entered the house of God, and they ate the consecrated bread, which was not lawful for him to eat nor for those with him, but for the priests alone? <sup>5</sup> Or have you not read in the Law, that on the Sabbath the priests in the temple break the Sabbath and are innocent? <sup>6</sup> But I say to you that something greater than the temple is here. <sup>7</sup> But if you had known what this means, ‘I desire compassion, and not a sacrifice,’ you would not have condemned the innocent. <sup>8</sup> For the Son of Man is Lord of the Sabbath.” <sup>9</sup> Departing from there, He went into their synagogue. <sup>10</sup> And a man was there whose hand was withered. And they questioned Jesus, asking, “Is it lawful to heal on the Sabbath?”—so that they might accuse Him. <sup>11</sup> And He said to them, “What man is there among you who has a sheep, and if it falls into a pit on the Sabbath, will he not take hold of it and lift it out? <sup>12</sup> How much more valuable then is a man than a sheep! So then, it is lawful to do good on the Sabbath.” <sup>13</sup> Then He \*said to the man, “Stretch out your hand!” He stretched it out, and it was restored to normal, like the other. <sup>14</sup> But the Pharisees went out and conspired against Him, as to how they might destroy Him. -Matthew 12:1-14*

Watch the video from The Bible Project ["Sabbath Rest"](#) prior to or at the start of the study.

1. Do you do anything different on Sundays (or any other day) from the rest of the week to honor it as a day of Sabbath? If so, how and why?
2. Did the sermon (Sunday, Jan 3<sup>rd</sup>) or the Bible Project video change the way you look at the Sabbath in any way?
3. Read Matthew 12:1-14. How did the Pharisees view the Sabbath and why do you think they were so offended by Jesus and his disciple’s practice of it? Does this change how you think about Sabbath for yourself and how you practice it?
4. Are there any specific habits you would like to begin as it relates to practicing the Sabbath for the new year?