



Sermon Notes: “The Lord of the Sabbath”

Matthew 12:1-14

4.12.26

A DAY OF REST, GOD’S WAY OR THE PHARISEES WAY? (VV. 1-2)

- The Pharisees Gotcha – You Gotta do it Our Way
 - The Pharisees had turned the gift of rest from God, “The Sabbath”, into a never-ending game of what was permitted and what wasn’t

JESUS’S RESPONSE (VV. 3-8)

- Jesus’s Gotcha – Go and Learn!
 - We can know the Bible backwards and forwards and still miss the heart of God!
 - God desires mercy and compassion from us – not rituals and rules divorced from a heart that loves Him.

THE BIG QUESTION: Is there an area in your life where you are being legalistic, judgmental or hypocritical, like the Pharisees?

Romans Chapter 14 – Especially verses 14:1 and 14:5-6

- Jesus’s even bigger Gotcha – The one who created the Sabbath gets to define what it means to keep it!

THE SETUP (VV. 9-14)

- When religion becomes about rules and rituals instead of about people, people become the pawns.

So What?

- The Pharisees valued what they thought was right over what God made holy.
 - Do we ever do that?
 - What would Jesus Do?

Luke 19:10 and Matthew 11:28-30

- Who are we seeking and inviting into Jesus’s rest?

For Study, Reflection, Discussion During the Week:

Life Group ICEBREAKER: What is the most wrong thing you have ever done? Was it an accident or was it done on purpose?

REVIEW:

Review the sermon notes from Sunday. Was there a particular point that stuck with you? What was it and why did it resonate with you?

READ: Matthew 12:1-2

- The Pharisees were convinced the disciples were breaking the law. Have you ever been certain someone was doing something wrong — only to realize later that your understanding was incomplete or you were actually the one missing something?
 - Kevin showed the 39 categories of prohibited work from the Mishnah (Sabbat 7.2). Compare those rules with what Scripture actually says about Sabbath: Exodus 20:8-11, Exodus 34:21, Exodus 35:2-3, Nehemiah 10:31, and Nehemiah 13:15-17. Where did the Pharisees add to what God originally commanded? Why do you think religious people are tempted to add rules to what God has said?
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READ: Matthew 12:3-8

- Jesus points to David eating the Bread of Presence (1 Samuel 21:1-9) and priests working on the Sabbath as examples of the Law serving people rather than people serving the Law. Why do you think the Pharisees couldn't see this — even though they knew Scripture inside and out?
 - Kevin's teaching point said: "We can know the Bible backwards and forwards and still miss the heart of God." What's the difference between knowing Scripture and knowing the God behind Scripture? How do we guard against one without the other?
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READ: Matthew 12:9-14

- The Pharisees believed Sabbath laws could only be broken in life-or-death situations. A withered hand could wait until tomorrow. But Jesus healed anyway. What does this tell us about how Jesus defines "doing good"? Are there areas where we delay doing good because it's inconvenient or doesn't fit our schedule?
 - Kevin pointed out the tragic irony: the Pharisees accused Jesus of breaking the Sabbath while they plotted murder on the Sabbath. How does legalism blind us to our own sin while making us hyper-focused on others' behavior?
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DEPLOY:

- Kevin asked: "Is there an area in your life where you are being legalistic, judgmental, or hypocritical — like the Pharisees?" Spend some time this week honestly examining this. Is there a person, group, or issue where you've been more focused on being right than being loving?

Don't Forget:

- TODAY April 12th -- Mexico Trip Update! Don't miss it! During the Sunday School Hour.
 - Consider volunteering at VBS this year, June 8th- 12th talk to Shaun for more information
 - Graduation Sunday May 24th!
 - Cove Camp 2026 – Register using the QR code in the bulletin or go to our church website.
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Prayer:

Father, we ask that you help us to identify areas in our lives that we are hypocritical, judgmental and legalistic. Help us to overcome these faults so that we can be the most effective person we can be to seek and help save the lost. Give us insight into who we should be asking to come and enjoy the rest that Jesus offers to everyone. In Jesus' name, Amen.