

Sermon Outline Notes

July 26,2026

The Lord of the Sabbath

Matthew 12:1-14

Main Truth: Jesus Christ is real and He is worth selling out for

Matthew 11:30 “For my yoke is easy and my burden is light.”

Matthew 12:8 “For the Son of Man is Lord of the Sabbath.”

Examples of counterfeit religion twisting God’s truths:

Exodus 32 Israel makes a counterfeit god of gold and worshiped it. (distorted Exodus 20:23)

Acts 5:1-11 Ananias and Sapphira were more interested in a reputation rather than honoring God.
The churches in Corinthians and Galatians both distorted God’s Word.

At the time of Jesus, the religious leaders had included additions made by man and created a counterfeit religious relationship between the Jews and the law.

The purpose of the law was to rely on God and depend on Him for salvation. The religious leaders of Israel changed the purpose of the law in the relationship between man and God by making the focus of relying on the law itself to be saved.

Matthew 11:28-30 Jesus is ‘the rest’ for the weary, the one to carry the burdened.

Matthew 12:1-2 “Look! Your disciples are doing what is unlawful on the Sabbath.”

Here are the Pharisees, the religious leaders, accusing Jesus of allowing the law to be broken when He is the law Himself.

Matthew 5:17 What the disciples did was not so much the issue. The issue for the Pharisees was the day on which they did it, the Sabbath day. The religious leaders had created a man-made list of roughly 1,500 sub rules, many which focused on the “do not’s” for the Sabbath.

Jesus had just finished proclaiming that his yoke was easy and his burden was light. We can easily see the contrast between what Jesus offers and the heavy burdens and hard yokes the religious leaders put on the people. Theirs was a false religion based on obeying legal rules over God’s Word.

Jesus did not violate the command to observe the Sabbath. He only violated man’s legalistic additions to the law. The point of the Sabbath was to rest from the regular labors of the week.

Exodus 20:8-11 Deuteronomy 5:12-15 Genesis 2:2-3

God designed the Sabbath as a place for us to rest from work and is to remind us that

- God is the center of our lives, not our work
- God is the provider for our lives, not work itself
- God is the Savior of our lives, not something else

The Pharisees had created a counterfeit Sabbath and Jesus makes sure to not let them define what He himself means.

Matthew 12:3-8 Jesus once again quotes Hosea 6:6 “I desire mercy, not sacrifice.”

Jesus uses the example of David, his companions and the priest eating the consecrated bread to make His point “For the Son of Man is the Lord of the Sabbath.”

The Pharisees lacked understanding of God’s principles and replaced them with man-made traditions. It was a counterfeit belief, yet close enough to the real thing to make it seem right. Principles like mercy were abandoned for a legal relationship.

“For the Son of Man is Lord of the Sabbath.” Jesus is making a direct claim to His deity. He is the one who created and manages the Sabbath.

Matthew 12:9-13 The religious leaders tried to trap Jesus and asked him “Is it lawful to heal on the Sabbath?” Their legalistic answer was no and they were putting Jesus to the test.

Jesus is the Sabbath and now He lays out the heart of the Sabbath. Jesus healed the man with the shriveled hand on the Sabbath.

Matthew 12:14 When confronted with the real truth the response of the Pharisees was to kill Jesus. They wanted their Sabbath and control of their man-made religion.

Jesus’ statement is clear to all who will see and hear: “My yoke is easy and my burden is light.” This truth is still true today.

Matthew 13:44 It is worth selling out for a true treasure. Jesus is the true treasure we can find and believe in. He alone is worth forsaking all of the counterfeits and to chase after what is worth it.

God’s true Kingdom does not look like what man wants, but instead it comes from God.

A successful fake view of God looks close enough to trick our eyes. It can happen in churches and it can happen inside our hearts.

Jesus is the real deal and it is so easy to trade our relationship with Him for a promising counterfeit. We can easily warp the truth in the same way the Pharisees warped the Sabbath with what was man-made.

Main Truth: Jesus Christ is real and He is worth selling out for

Small Group Discussion Questions

The Lord of the Sabbath Matthew 12:1-14

1. Share a time when you bought or used a cheaper substitute that did not replace the original very well. (mechanical part, ingredient in a recipe) Just how valuable are Amazon reviews?
2. What activity were the disciples engaged in and why did the Pharisees consider it unlawful?
3. Why do you think Jesus made a reference to David taking the sacred bread from the Temple? **1 Samuel 21:1-9** How does this relate to the accusation that the Pharisees made?
4. In the synagogue, what reason did the Pharisees give for asking if it was lawful to heal on the Sabbath?
5. Why do you think Jesus includes the quote from Hosea 6:6 that He desired mercy, not sacrifice.
6. How does this quote from Hosea challenge the Pharisees' interpretation of the Law? If the Pharisees had followed this teaching, what would they not have done?
7. Why did Jesus claim to be the Lord of the Sabbath? Why is this true?
8. How does Jesus' argument about lifting a sheep from a pit illustrate the value of a human life compared to ritual observance?
9. According to **Mark 3:4** & **Luke 6:9** Jesus asked the Pharisees if it is lawful on the Sabbath to do good or to do evil, to save life or to destroy it? What was the Pharisees response?
10. How did the Pharisees react after Jesus healed the man with the withered hand, and what does this reveal about their hearts?
11. How did Jesus view healing? What value did Jesus put on a person? How did He show that?
12. Do the two stories in this passage (vv. 1-8 and vv. 9-14) convey the same message or different aspects of Jesus' authority?
13. How does the concept of "doing good on the Sabbath" apply to modern challenges of religious legalism?

Personal Study Guide

Promises of Jesus

John 6:37

Revelation 3:20

Matthew 4:19

Luke 6:47

Matthew 11:28

John 14:31

John 10:10

Mark 10:29-31

John 14:21

John 15:9-11

John 15:14-15

Matthew 16:24-25