



STUDY GUIDE

Lord of the Sabbath — Lesson 7

Key Scriptures: Matthew 12:1–8

Lesson Theme:

Jesus is Lord of the Sabbath and calls us to show mercy rather than rigidly following traditions.

Summary

The Sabbath was instituted to commemorate God's creation and deliverance of Israel from Egypt, but over time it became burdened by legalistic rules. In Matthew 12, Jesus is confronted by the Pharisees for allowing His disciples to pluck grain on the Sabbath. He responds by teaching that He is greater than David, the Temple, and even sacrifice, showing His authority as the Lord of the Sabbath.

Discussion Questions

1. What two major events does the Sabbath commemorate?
2. Why were the Pharisees upset with Jesus and His disciples?
3. What does Jesus mean when He says He is greater than David, the Temple, and sacrifice?
4. Why is showing mercy more important than strict observance of rules?
5. How does understanding Jesus as Lord of the Sabbath change the way we view rest and worship?
6. How can asking good questions strengthen another person's faith?
7. What would it look like to show 'mercy, not sacrifice' this week?
8. How does the title 'Son of Man' reflect Jesus' authority?
9. What steps can we take to acknowledge Jesus' authority in our lives?
10. How can we support ministry leaders who work on days of worship?

Thought to Remember

Jesus gives His people true rest.

Personal Reflection

Write down one way you will show mercy this week:
