

TODAY: Jesus frames the sabbath as a time in which our God-centered focus brings renewal and restoration. Sabbath rest is part of what forms us to be more complete disciples of Jesus.

sabbath is not about \_\_\_\_\_ refreshment;  
it is about \_\_\_\_\_ refreshment

our culture does not know how to \_\_\_\_\_

we are not at our \_\_\_\_\_ when we are \_\_\_\_\_

I need adequate \_\_\_\_\_ in order to be at  
my very best in my \_\_\_\_\_

what \_\_\_\_\_ to be more \_\_\_\_\_?

## Sabbath - rest



*Matthew 11:28–12:8 (NIV)*

<sup>28</sup>“Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup>Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

<sup>30</sup>For my yoke is easy and my burden is light.”

<sup>12:1</sup> At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. <sup>2</sup>When the Pharisees saw this, they said to him, “Look! Your disciples are doing what is unlawful on the Sabbath.”

<sup>3</sup>He answered, “Haven’t you read what David did when he and his companions were hungry? <sup>4</sup>He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. <sup>5</sup>Or haven’t you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent? <sup>6</sup>I tell you that something greater than the temple is here. <sup>7</sup>If you had known what these words mean, ‘I desire mercy, not sacrifice,’ you would not have condemned the innocent. <sup>8</sup>For the Son of Man is Lord of the Sabbath.”

## Sabbath – rest

Matthew 11:28-12:8



Understanding the Bible:

What is the problem being expressed in this Bible passage?

How does God show up in this Bible Passage?

What does Jesus promise to give to weary people who come to him?

My favorite song today:

Things I will pray for this week:

## Today's Bible Passage: Matthew 11:28–12:8

(Can you find the highlighted words?)

N G R A I N E Y O K E L  
L H E A R T W H E N V E  
C W R S P R I E S T S A  
C C P H A R I S E E S R  
R O H U M B L E L M J N  
B M M D G E B P M P E T  
H E N P D E I A D L S G  
U B G A A C N N T E U I  
N U E A S N I T R H S V  
G R A I N F I E L D S E  
R D D S V C T O A E E A  
Y E I N N O C E N T O S  
P N I L I G H T V S M Y

“**Come** to me, all you who are weary and burdened, and I will **give** you **rest**. Take my **yoke** upon you and **learn** from me, for I am **gentle** and **humble** in **heart**, and you will **find rest** for your souls. For my **yoke** is **easy** and my **burden** is

**light.**” At that time **Jesus** went through the **grainfields** on the **Sabbath**. His **disciples** were **hungry** and **began** to pick some **heads** of **grain** and eat them. **When** the **Pharisees** saw this, they said to him, “Look! Your **disciples** are doing what is unlawful on the **Sabbath**.” He answered, “Haven’t you **read** what David did **when** he and his **companions** were **hungry**? He entered the house of God, and he and his **companions** ate the consecrated bread—which was not lawful for them to do, but only for the **priests**. Or haven’t you **read** in the Law that the **priests** on **Sabbath** duty in the **temple** desecrate the **Sabbath** and yet are **innocent**? I tell you that something greater than the **temple** is here. If you had known what these words mean, ‘I desire mercy, not sacrifice,’ you would not have condemned the **innocent**. For the Son of Man is Lord of the **Sabbath**.”