

SERMON APPLICATION SHEET FOR:

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The Lord of the Sabbath

Matthew 12:1-14

February 15, 2026

Sermon Text	Sermon Notes
<p>Matthew 12:1 At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry, and they began to pluck heads of grain and to eat. [2] But when the Pharisees saw it, they said to him, “Look, your disciples are doing what is not lawful to do on the Sabbath.” [3] He said to them, “Have you not read what David did when he was hungry, and those who were with him: [4] how he entered the house of God and ate the bread of the Presence, which it was not lawful for him to eat nor for those who were with him, but only for the priests? [5] Or have you not read in the Law how on the Sabbath the priests in the temple profane the Sabbath and are guiltless? [6] I tell you, something greater than the temple is here. [7] And if you had known what this means, ‘I desire mercy, and not sacrifice,’ you would not have condemned the guiltless. [8] For the Son of Man is lord of the Sabbath.” [9] He went on from there and entered their synagogue. [10] And a man was there with a withered hand. And they asked him, “Is it lawful to heal on the Sabbath?”—so that they might accuse him. [11] He said to them, “Which one of you who has a sheep, if it falls into a pit on the Sabbath, will not take hold of it and lift it out? [12] Of how much more value is a man than a sheep! So it is lawful to do good on the Sabbath.” [13] Then he said to the man, “Stretch out your hand.” And the man stretched it out, and it was restored, healthy like the other. [14] But the Pharisees went out and conspired against him, how to destroy him.</p>	<p><i>The Sabbath was never about restriction but restoration (In Christ).</i></p> <p>I. The purpose of the Sabbath is physical/spiritual rest (1-8)</p> <p>II. How legalism wrecks the Sabbath (9-14)</p> <p>III. Our Sabbath is found in Christ (8)</p> <p>Memory verses for 2026-</p> <p>Ephesians 4:1–3</p> <p>[1] I therefore, a prisoner for the Lord, urge you To walk in a manner worthy of the calling to which you have been called,</p> <p>[2] with all humility and gentleness, with patience, bearing with one another in love,</p> <p>[3] eager to maintain the unity of the Spirit in the bond of peace.</p>

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