

Matthew 12:1-14

Series – Rediscovering Sabbath: An Invitation to Counter-Cultural Practice

Message – Not Just a Law to Keep

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Fifth Reformed Church

Jon Sherrill

The Way That Seems Right

- Both stories are oriented around the mental _____ of the Pharisees.
- Matt. 12:2, 10 – Is it lawful?
- Their mindset is based on _____ the law.
- Matt. 12:3, 5
- Legalism is the “I’ll be _____ if I do what I should” mindset.
- “There is a way that appears to be right, but in the end it leads to death” (Proverbs 14:12).

Something Greater

- Matt. 12:6
- The something greater is _____ greater.
- God invites us to move from a mindset of “I’ll be good if I do what I should” to “I’m good, so I’ll live and love _____ Jesus.”
- The emphasis in scripture is on the purpose and _____ of sabbath.
- Deuteronomy 5:15

- Deuteronomy says, “Observe the Sabbath _____ God has saved you.”

- “The Sabbath was made for man, not man for the Sabbath” (Mark 2:27).

God for Us

- “The Sabbath was made for man...”
- Legalism mindset: “Is it lawful to _____ on the Sabbath?”
- The Sabbath was made _____ you, not you for the Sabbath.
- “If God is for us, who can be against us...” (Romans 8:31-34).
- A different question... from “Is it lawful?” to questions like:
 - Does it help me rest?
 - Does it help me worship?
 - Does it help me experience the peace of Christ or does it cause tension, hurriedness, or anxiety?

Reflection Questions

1. What are your wonderings about observing a sabbath rest on a weekly basis?
2. Where has a legalism mindset colored your understanding or practice of sabbath?
3. Read Exodus 20:8-11 and Deuteronomy 5:12-15. What parts are the same, and what parts are different? Discuss.
4. Sometimes Christians do not practice sabbath because they believe it to be something it isn’t. To what degree do you believe in your spirit that the sabbath is *for* you?
5. What will you try to observe sabbath this week?
6. How is God getting your attention?
7. What might God be saying to you?
8. What are you going to do about it?