



**Chapter 12:1-21**

**A Rest From Religion**

<sup>28</sup> Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light.”

<sup>1</sup> At about that time Jesus was walking through some grainfields on the Sabbath. His disciples were hungry, so they began breaking off some heads of grain and eating them. <sup>2</sup> But some Pharisees saw them do it and protested, “Look, your disciples are breaking the law by harvesting grain on the Sabbath.”

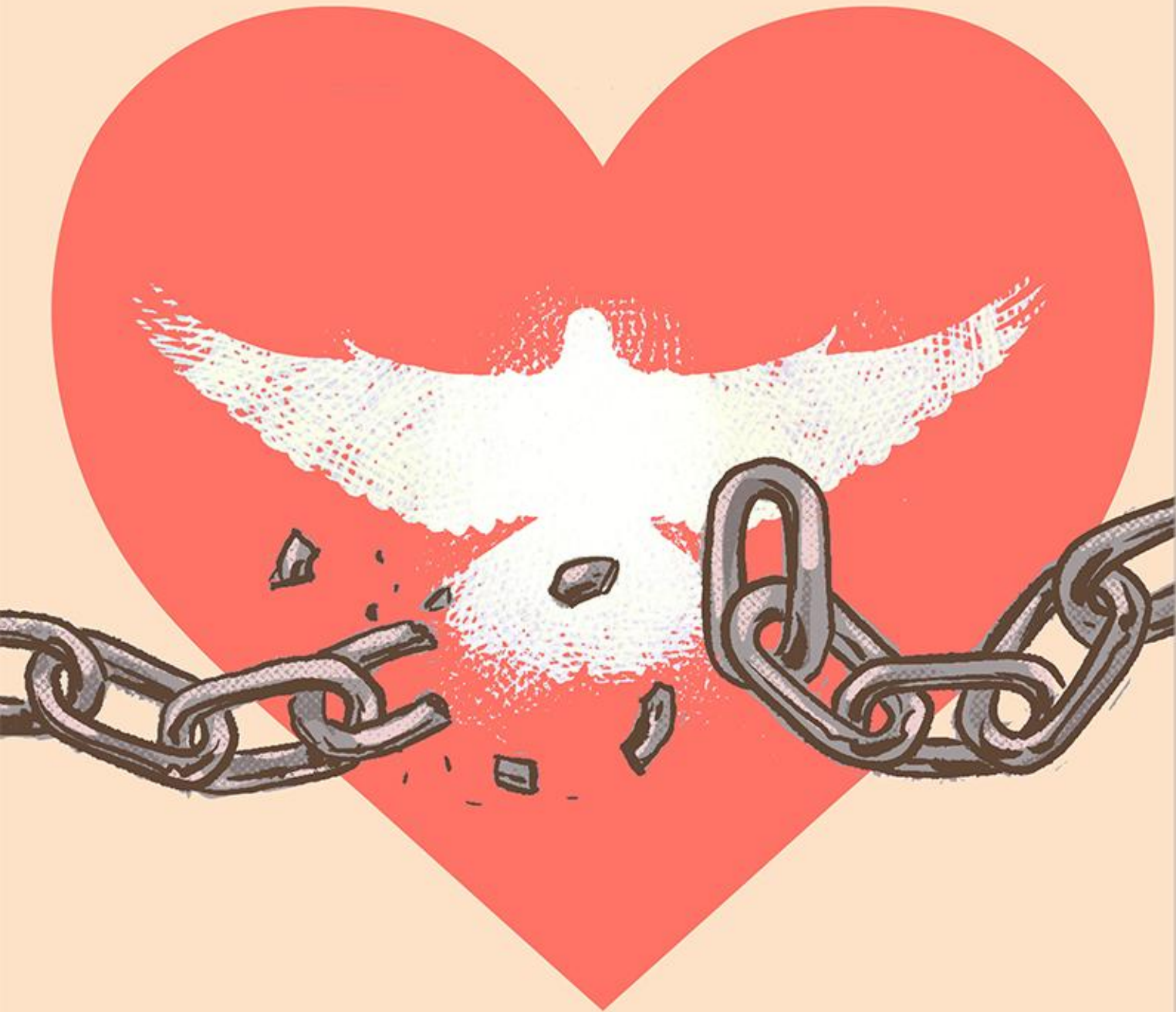




<sup>3</sup> Jesus said to them, “Haven’t you read in the Scriptures what David did when he and his companions were hungry? <sup>4</sup> He went into the house of God, and he and his companions broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. <sup>5</sup> And haven’t you read in the law of Moses that the priests on duty in the Temple may work on the Sabbath?

<sup>6</sup> I tell you, there is one here who is even greater than the Temple! <sup>7</sup> But you would not have condemned my innocent disciples if you knew the meaning of this Scripture: ‘I want you to show mercy, not offer sacrifices.’ <sup>8</sup> For the Son of Man[b] is Lord, even over the Sabbath!”





**SABBATH is an  
invitation to  
REST-  
NOT RIGID  
RELIGION**

<sup>9</sup> Then Jesus went over to their synagogue, <sup>10</sup> where he noticed a man with a deformed hand. The Pharisees asked Jesus, “Does the law permit a person to work by healing on the Sabbath?” (They were hoping he would say yes, so they could bring charges against him.) <sup>11</sup> And he answered, “If you had a sheep that fell into a well on the Sabbath, wouldn’t you work to pull it out? Of course you would.



<sup>12</sup> And how much more valuable is a person than a sheep! Yes, the law permits a person to do good on the Sabbath.”<sup>13</sup> Then he said to the man, “Hold out your hand.” So the man held out his hand, and it was restored, just like the other one! <sup>14</sup> Then the Pharisees called a meeting to plot how to kill Jesus.



GOD is served  
**THROUGH**  
COMPASSION,  
**NOT**  
CONDEMNATION



<sup>15</sup> But Jesus knew what they were planning. So he left that area, and many people followed him. He healed all the sick among them, <sup>16</sup> but he warned them not to reveal who he was. <sup>17</sup> This fulfilled the prophecy of Isaiah concerning him: <sup>18</sup> “Look at my Servant, whom I have chosen. He is my Beloved, who pleases me. I will put my Spirit upon him, and he will proclaim justice to the nations.



<sup>19</sup> He will not fight or shout or raise his voice in public. <sup>20</sup> He will not crush the weakest reed or put out a flickering candle. Finally he will cause justice to be victorious. <sup>21</sup> And his name will be the hope of all the world.”



God's kingdom  
**doesn't**  
**DOMINATE**  
**through**  
**RELIGION,** but  
triumphs through  
**GENTLE GRACE**

## Matthew 12

<sup>18</sup> Look well at my handpicked servant; I love him so much, take such delight in him. I've placed my Spirit on him; he'll decree justice to the nations. <sup>19</sup> But he won't yell, won't raise his voice; there'll be no commotion in the streets. <sup>20</sup> He won't walk over anyone's feelings, won't push you into a corner. Before you know it, his justice will triumph; <sup>21</sup> the mere sound of his name will signal hope even among far-off unbelievers.





God's kingdom  
**doesn't**  
**DOMINATE**  
**through**  
**RELIGION,** but  
triumphs through  
**GENTLE GRACE**





the good news according to

**MATTHEW**