

## Matt 12:1-8

*At that time Jesus went through the grainfields on the Sabbath. And His disciples were hungry, and began to pluck heads of grain and to eat. And when the Pharisees saw it, they said to Him, "Look, Your disciples are doing what is not lawful to do on the Sabbath!" But He said to them, "Have you not read what David did when he was hungry, he and those who were with him: how he entered the house of God and ate the showbread which was not lawful for him to eat, nor for those who were with him, but only for the priests? Or have you not read in the law that on the Sabbath the priests in the temple profane the Sabbath, and are blameless? Yet I say to you that in this place there is One greater than the temple. But if you had known what this means, 'I desire mercy and not sacrifice,' you would not have condemned the guiltless. For the Son of Man is Lord even of the Sabbath."*

Saturday is the last day of the week and is what is called the Sabbath day. But today we observe the Sabbath as Sunday, which is the first day of the week. So the question always comes up, "If we don't observe Sunday as the Sabbath are we sinning?" By saying that we must obey the Law of the Sabbath on Sunday, is to judge others on what they do.

Let's look at what Jesus said in verse 7 in the NLT, which puts it in more modern terms that we can understand.

† **Matt 12:7 (NLT)** *But you would not have condemned those who aren't guilty if you knew the meaning of this Scripture: 'I want you to be merciful; I don't want your sacrifices.'*

Jesus says that they are not guilty for doing things even on the Sabbath (Saturday). And He gives the example of King David who was a man after God's own heart. And also to those who served in the temple as doing work on the Sabbath Day.

Paul even speaks of it in the New Testament.

† **Romans 14:4-6** *Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand. One person esteems one day above another; another esteems every day alike. Let each be fully convinced in his own mind. He who observes the day, observes it to the Lord; and he who does not observe the day, to the Lord he does not observe it. He who eats, eats to the Lord, for he gives God thanks; and he who does not eat, to the Lord he does not eat, and gives God thanks.*

Who are we to judge if man uses Saturday or Sunday to worship the Lord?  
Also the Sabbath was a sign between God and the children of Israel.

† **Ex 31:12-13** *And the LORD spoke to Moses, saying, "Speak also to the children of Israel, saying: 'Surely My Sabbaths you shall keep, for it is a sign between*

*Me and you throughout your generations, that you may know that I am the LORD who sanctifies you.”*

Also, if you say you must keep the law concerning the Sabbath, then you must keep the whole law. And if you judge or are angry with someone who doesn't keep Saturday as the Sabbath then you have broken the second greatest commandment.

† **Matt 22:36-40** *"Teacher, which is the great commandment in the law?" Jesus said to him, " 'You shall love the LORD your God with all your heart, with all your soul, and with all your mind.' This is the first and great commandment. And the second is like it: 'You shall love your neighbor as yourself.' On these two commandments hang all the Law and the Prophets."*

So don't judge or argue with others if they want to worship on Saturday or Sunday, or any other day of the week. We are, as children of God, to be as one. You should take one day a week off to rest from your work and spend it with the Lord. But then we should worship God every day, not just Saturday or Sunday!

† **Psalm 145:2** *Every day I will bless You, And I will praise Your name forever and ever.*