

Knowing Jesus Lord of the Sabbath

Text: Matthew 12:9-14

Purpose: Here in Matthew we read about Jesus healing a man's hand to demonstrate His love for people and rejection of meaningless rituals on the Sabbath.

Opening Question: *Are you a morning person or night owl?*

Read and Discuss: Matthew 12:9-14

1. *Why were the Pharisees watching Jesus so closely in the synagogue? What was their angle?*
2. *By creating extra rules what were the Pharisees hoping to accomplish? How do we do this today in our lives?*
3. *Why does Jesus heal? What does it show us about God?*
4. *What is the Sabbath? Why is the Sabbath important?*
5. *How do you take a Sabbath? What does it look like? What tips would you offer?*