

Matthew 12:1-14 (NIV)

## Lord of the Sabbath

1At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. 2When the Pharisees saw this, they said to him, "Look! Your disciples are doing what is unlawful on the Sabbath."

3He answered, "Haven't you read what David did when he and his companions were hungry? 4He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. 5Or haven't you read in the Law that on the Sabbath the priests in the temple desecrate the day and yet are innocent? 6I tell you that one[a] greater than the temple is here. 7If you had known what these words mean, 'I desire mercy, not sacrifice,'[b] you would not have condemned the innocent. 8For the Son of Man is Lord of the Sabbath."

9Going on from that place, he went into their synagogue, 10and a man with a shriveled hand was there. Looking for a reason to accuse Jesus, they asked him, "Is it lawful to heal on the Sabbath?"

11He said to them, "If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? 12How much more valuable is a man than a sheep! Therefore it is lawful to do good on the Sabbath."

13 Then he said to the man, "Stretch out your hand." So he stretched it out and it was completely restored, just as sound as the other. 14 But the Pharisees went out and plotted how they might kill Jesus.