



God is the Lord of the Sabbath

Matthew 12:1–14

Watch the Video and Discuss!

- What is the Sabbath?
- Why were the religious leaders upset with Jesus? (Matthew 12:1–2)
- How did Jesus show He is Lord of the Sabbath? (Matthew 12:13)
- How can you honor God on the Sabbath?

Respond

- Jesus Cares About My Heart

Cut a large heart from a piece of paper (one for each family member) and gather markers or pencil crayons. Say, "**Jesus is the Lord of the Sabbath, and He cares about our hearts! Isn't that amazing? The God of the whole universe is concerned about what is happening inside us. He cares when we are sad or angry, happy or excited. He loves us! And when we have sin in our hearts, He wants to transform us. How does it make you feel to know that Jesus cares about your heart? What would you like to say to Him today?**" On one side of the heart have everyone write their names. On the other side, invite your family to respond to Jesus by writing praises, requests or confessions-anything they want to share. They can also draw a symbol or picture to represent their response.

Blessing

Read Psalm 9:1

(Child's name) may you know the One who rules over everything. May your words and your heart honor the Lord of the Sabbath. May your love for Him overflow into how you care for others.