



JULY 19, 2026

JESUS IS LORD OF THE SABBATH

MATTHEW 12; MARK 2-3; LUKE 6

CHRIST CONNECTION

Jesus showed that God gives us commands to help us, not hurt us. Jesus rules over all. Jesus died on the cross and rose again to show God's love and do good by rescuing sinners.

BIG PICTURE QUESTION

What did Jesus teach when he was on earth? **Jesus taught about God and His kingdom. He taught that all Scripture is about Him.**

MEMORY VERSE

Matthew 5:16

PREPARE



Take time to reflect
on today's lesson.

LEADER BIBLE STUDY

Jesus rules over all creation and cares deeply for His people's needs. From satisfying their hunger to healing their ailments, Jesus intervened in the lives of His followers. He defended His place as the Lord of the Sabbath and the one who fulfills God's laws.

While the Pharisees viewed their obedience to God's rules as a means of self-righteousness, Jesus demonstrated that His Father's commands are to help us and to point to our need for a Savior.

Jesus quoted the words of Scripture back to these experts of the law. In doing so, Jesus made weighty claims about Himself that would not please many in His audience. He once again claimed to be God, to be greater than the temple—God's dwelling place—and to be Lord over the Sabbath.

The Pharisees set their hearts on condemning Jesus and ridding themselves of the problems and competition they felt Jesus was continually creating for them. They stood ready to accuse Him of any perceived wrongdoing. They even tried to use Jesus' selfless acts of healing to discredit Him!

Considering this, Jesus proposed a theological question about legalism and ethics to His dissenters: "Is it lawful to do good on the Sabbath or to do evil, to save life or to kill?" (Mark 3:4). Sadly, the men viewed Jesus' healing on the Sabbath as a greater offense to the Lord than the murderous schemes they would soon devise against the Son of God.

The hardness of the men's hearts grieved Jesus. Yet, He restored the man's shriveled hand and met a tangible need through healing. In this simple Bible story, we witness Christ's power and willingness to redeem and restore, even amid others' doubts and criticism.

Pray that the boys and girls who hear this story would be moved by Christ's heart for our needs—which includes salvation for those who have not yet responded to Jesus in faith. Pray that kids see themselves like the hungry and hurting ones in this story who recognize their need for the Savior.

WELCOME



Connect with kids as they arrive.

OPENING ACTIVITIES

Greet each kid as they arrive. Use this time to build relationships and help new kids connect to your group. Before heading to large group, you can play a game, chat with kids, or practice the memory verse!

MEMORY VERSE

In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Matthew 5:16, ESV

MEMORY VERSE ACTIVITY

Each month, we'll have a new memory verse that goes with the lessons we're learning from the Bible. Choose one of the provided activities in your room's memory verse folder to review the verse with the kids.

Note: Our next Bible Bucks Day will be on July 26!



LARGE GROUP LESSON



Review what we're learning in large group.

JESUS IS LORD OF THE SABBATH

One day, Jesus and His disciples were passing through some fields of grain. His disciples were hungry and began to pick and eat some of the grain. The Pharisees saw this and said, "Why are Your disciples breaking the law by doing work on the Sabbath?"

Jesus replied, "Haven't you read what David did when he and his men were hungry? They entered the house of God and ate the bread of the Presence, which was against the law for them." Only priests were allowed to eat that bread.

Jesus also said, "Do you know what the prophet Hosea meant when he said that God desires mercy and not sacrifice? If you did, you would not have told My disciples they were doing wrong. The Sabbath was made for man and not man for the Sabbath. The Son of Man is Lord of the Sabbath."

On another Sabbath day, Jesus entered the synagogue and began teaching. He saw a man who had a shriveled hand. To accuse Jesus, the religious leaders were watching Jesus closely to see if He would heal on the Sabbath.

But Jesus knew their thoughts, and He was angry and sad at the hardness of their hearts. Jesus reminded the religious leaders that it was right to do good and save a life because this actually kept God's law.

Jesus said, "If you had a sheep that fell into a pit on the Sabbath, wouldn't you lift it out? A person is worth far more than a sheep, so it is lawful to do what is good on the Sabbath."

Then He told the man, "Stretch out your hand." The man stretched out his hand, and it was completely healed! The Pharisees were filled with rage and left, thinking about how they might put Jesus to death.

CHRIST CONNECTION: Jesus showed that God gives us commands to help us, not hurt us. Jesus rules over all. Jesus died on the cross and rose again to show God's love and do good by rescuing sinners.

ACTIVITIES



Do crafts and games with kids after large group.

ACTIVITY: SLEEPING STARFISH

The more excited and competitive you are about this game, the better it will go!

Start by telling kids that you have a hidden talent: You can do the best sleeping starfish impression of all time.

Declare that nobody can do an impression of a sleeping starfish better than you. Ask kids if they think they can do better, then invite them to all be a sleeping starfish.

“Admire” their impressions and ask if they can do any other sleeping animal impressions. Start naming different animals and see how kids imitate them sleeping.

Optional: Choose someone who did “the best” impression to pick the next sleeping animal.

CONNECT THE DOTS



God gives us commands to help us because He loves us and wants what's best for us. We should follow His commands (like resting or taking a sabbath), but remember that the ultimate command is for us to love others. God cares about how we love others and the inside of our hearts more than anything else.

BIBLE SKILLS: SABBATH VERSES

Write down the following verse references on separate pieces of paper:

- Genesis 2:2-3
- Exodus 20:8-11
- Isaiah 56:2
- Matthew 12:5-8
- Mark 2:27-28

Split kids into groups and give each group a reference from the list and a Bible. Have them look their verses up in the Bible. Once each group has found their reference, encourage them to say it out loud and share whether it's found in the Old Testament or the New Testament. Have them read the verse(s) to the class. Ask the class what the verses teach about the Sabbath and briefly discuss.

CLOSING ACTIVITIES



Continue to engage kids before parent pick-up.

BIBLE STORY REVIEW

Ask the following questions and lead your small group to discuss.

1. Is trying to keep God's law bad?
2. What does it mean for someone's heart to be hard?
3. What does God value more: loving others or following the rules? (*See Hosea 6:6*)
4. Why did God create the Sabbath?
5. What does it look like to honor God, not just on the Sabbath, but every day?

HAVE EXTRA TIME?

If you have extra time or your group needs to get out some energy, play one of the games/activities in your extra time bin in the cabinet or the "extra time" folder on the TV.

If there's a new game or activity you want to have available for your group in the future, let Taylor know!

BEFORE YOU GO...

Second service leaders, please clean up by doing the following:

1. Put all extra supplies and binders back in the curriculum bins.
2. Clean all trash off the tables.
3. Put all crayons, markers, etc. back in the appropriate containers and cubbies.
4. Erase the whiteboards and put markers/erasers back in the holder.
5. Turn off the TVs as you leave.

THANK YOU FOR SERVING WITH US!