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# **JESUS AND THE SABBATH**

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**A Study on  
the Old Testament Practices**

D. A. Carson, ed., ***From Sabbath to Lord's Day:  
A Biblical, Historical, and Theological  
Investigation*** (Grand Rapids: Academic Books,  
1982)

**<sup>1</sup>At that time Jesus went through the grain fields on the Sabbath. And his disciples were hungry, and began to pluck heads of grain and to eat. <sup>2</sup>And when the Pharisees saw it, they said to him, “Look, your disciples are doing what is not lawful to do on the Sabbath!”**

**“See! For the Lord has given you the Sabbath; therefore he gives you on the sixth day bread for two days. Let every man remain in his place; let no man go out of his place on the seventh day.”**

**(Ex 16:29)**

**“Six days you shall work, but on the seventh day you shall rest; in plowing time and in harvest you shall rest.”**

**(Ex 34:21)**

- <sup>3</sup>But he said to them, “Have you not read **what David did** when he was hungry, he and those who were with him: <sup>4</sup>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?

- <sup>5</sup>Or have you not read in the law that on the Sabbath **the priest in the temple profane the Sabbath,** and are blameless?
- <sup>6</sup>Yet I say to you that in this place **there is one greater than the temple.**

- <sup>7</sup>But if you had known what this means, '*I desire mercy and not sacrifice,*' you would not have condemned the guiltless.

- **27**The Sabbath was made for man,  
and not man for the Sabbath.  
**28**Therefore the Son of Man is also  
Lord of the Sabbath

**(Mk 2:27-28)**