

Deuteronomy 5:12-15

12 “ ‘Observe the Sabbath day and keep it holy, as the Lord your God commanded you. **13** Six days you shall labor and do all your work. **14** But the seventh day is a Sabbath to the Lord your God; you shall not do any work – you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. **15** Remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm; therefore the Lord your God commanded you to keep the Sabbath day.

Romans 12:1-2, 9-18

1 I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. **2** Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God – what is good and acceptable and perfect. **9** Let love be genuine; hate what is evil, hold fast to what is good; **10** love one another with mutual affection; outdo one another in showing honor. **11** Do not lag in zeal, be ardent in spirit, serve the Lord. **12** Rejoice in hope, be patient in suffering, persevere in prayer. **13** Contribute to the needs of the saints; extend hospitality to strangers. **14** Bless those who persecute you; bless and do not curse them. **15** Rejoice with those who rejoice, weep with those who weep. **16** Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. **17** Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. **18** If it is possible, so far as it depends on you, live peaceably with all.

Matthew 11:28-12:8

28 "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. **29** Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. **30** For my yoke is easy, and my burden is light."

1 At that time Jesus went through the grainfields on the sabbath; his disciples were hungry, and they began to pluck heads of grain and to eat. **2** When the Pharisees saw it, they said to him, "Look, your disciples are doing what is not lawful to do on the sabbath." **3** He said to them, "Have you not read what David did when he and his companions were hungry? **4** He entered the house of God and ate the bread of the Presence, which it was not lawful for him or his companions to eat, but only for the priests. **5** Or have you not read in the law that on the sabbath the priests in the temple break the sabbath and yet are guiltless? **6** I tell you, something greater than the temple is here. **7** But if you had known what this means, "I desire mercy and not sacrifice," you would not have condemned the guiltless. **8** For the Son of Man is lord of the sabbath."