Matthew 12: 1-8
Jesus was going through a field of grain on the sabbath. His disciples were hungry and began to pick the heads of grain and eat them. When the Pharisees saw this, they said to him, "See, your disciples are doing what is unlawful to do on the sabbath." He said to the them, "Have you not read what David did when he and his companions were hungry, how he went into the house of God and ate the bread of offering, which neither he nor his companions but only the priests could lawfully eat? Or have you not read in the law that on the sabbath the priests serving in the temple violate the sabbath and are innocent? I say to you, something greater than the temple is here. If you knew what this meant, I desire mercy, not sacrifice, you would not have condemned these innocent men. For the Son of Man is Lord of the sabbath."

Our Scripture Reflection
The attitude of the Pharisees reveals how a rigid legalism risks ignoring the need for compassion. Yes, it is the Sabbath and Jesus’s disciples are doing a
type of work that appears to violate Sabbath regulation against harvesting food. But the men were hungry after a long day of proclaiming the Kingdom of God. Jesus corrects the legalistic attitude of the Pharisees by teaching them that mercy trumps the Law and must inform the practice of it.

Food for your Journey

The story of Christ is where we all started from, although we've come so far since then that there are times when you'd hardly know it to listen to us and when we hardly know it ourselves. The story of Christ is what once, somehow and somewhere, we came to Christ through. ... Each of us has a tale to tell if we would only tell it. But however it happened, it comes to seem a long time ago and a long way away, and so many things have happened since -- so many books read, so many sermons heard or preached, so much life lived -- that to be reminded at this stage of the game of the story of Jesus, where we all started, is like being suddenly called by your childhood name when you have all but forgotten your childhood name and maybe your childhood, too.


A Prayer from the Heart

Dear God, Please fill my heart with compassionate love so that I may always see and care for the needs of others. As I care for them, may they see Christ present in me. Amen