Matthew 12:1-8 (NIV)

Lord of the Sabbath

1At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. 2When the Pharisees saw this, they said to him, "Look! Your disciples are doing what is unlawful on the Sabbath."

3He answered, "Haven't you read what David did when he and his companions were hungry? 4He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. 5Or haven't you read in the Law that on the Sabbath the priests in the temple desecrate the day and yet are innocent? 6I tell you that one greater than the temple is here. 7If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent. 8For the Son of Man is Lord of the Sabbath."

Mark 2:23-28 (NIV)

23One Sabbath Jesus was going through the grain-fields, and as his disciples walked along, they began to pick some heads of grain. 24The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?"

25He answered, "Have you never read what David did when he and his companions were hungry? 26In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions."

27Then he said to them, "The Sabbath was made for man, not man for the Sabbath. 28So the Son of Man is Lord even of the Sabbath."


1One Sabbath Jesus was going through the grainfields, and his disciples began to pick some heads of grain, rub them in their hands and eat the kernels. 2Some of the Pharisees asked, "Why are you doing what is unlawful on the Sabbath?"

3Jesus answered them, "Have you never read what David did when he and his companions were hungry? 4He entered the house of God, and taking the consecrated bread, he ate what is lawful only for priests to eat. And he also gave some to his companions."

5Then Jesus said to them, "The Son of Man is Lord of the Sabbath."