



Summer Sundays: 31st May 2026 to 5th July 2026

The Good Life

Lessons in Living Sabbath Everyday

Sunday 7 June 2026 – Sabbath is a good meal

Matthew 9:9–13, 18–26

As Jesus was walking along, he saw a man called Matthew sitting at the tax booth; and he said to him, ‘Follow me.’ And he got up and followed him. And as he sat at dinner in the house, many tax-collectors and sinners came and were sitting with him and his disciples. When the Pharisees saw this, they said to his disciples, ‘Why does your teacher eat with tax-collectors and sinners?’ But when he heard this, he said, ‘Those who are well have no need of a physician, but those who are sick. Go and learn what this means, “I desire mercy, not sacrifice.” For I have come to call not the righteous but sinners.’ While he was saying these things to them, suddenly a leader of the synagogue came in and knelt before him, saying, ‘My daughter has just died; but come and lay your hand on her, and she will live.’ And Jesus got up and followed him, with his disciples. Then suddenly a woman who had been suffering from haemorrhages for twelve years came up behind him and touched the fringe of his cloak, for she said to herself, ‘If I only touch his cloak, I will be made well.’ Jesus turned, and seeing her he said, ‘Take heart, daughter; your faith has made you well.’ And instantly the woman was made well. When Jesus came to the leader’s house and saw the flute-players and the crowd making a commotion, he said, ‘Go away; for the girl is not dead but sleeping.’ And they laughed at him. But when the crowd had been put outside, he went in and took her by the hand, and the girl got up. And the report of this spread throughout that district.

This Week's Stepping Stones

What Stands Out?

If these moments from Matthew's gospel were filmed for a movie, how many people would you need in the cast?

What Does It Mean?

If sharing a meal was a sign of acceptance and belonging, what is making the Pharisees uncomfortable about the supper at Matthew's house?

How Does It Connect?

Sabbath is like a good meal where the boundaries that normally separate people are set aside and those who were pushed out are welcomed in. The stories that follow show this in different ways: a woman restored, a girl raised to life. In fact, in Mark and Luke, Jesus tells them to give the girl something to eat! As you sit with these three moments together, what connections begin to suggest themselves to you?

What Are the Deeper Questions?

Purity laws from scripture are broken again and again in these three moments. How do you feel about that?

What Challenges You?

If Sabbath is like a good meal where people are welcomed in, who would you find difficult to sit with, and whose absence would you feel the most?

How Will You Respond?

Over the coming week, notice moments of welcome and inclusion. Ask God to open your eyes and your table to Sabbath in this summer season.