

Third Commandment—Sabbath



“Remember the Sabbath day, and keep it holy.”

– Exodus 20:8

THIRD COMMANDMENT:

Remember the sabbath day, and keep it holy.

FOCUS THIS WEEK

We are commanded to remember the Sabbath day and keep it holy. So what? What does this mean in a world where jobs, sports and everything else crowd God out? The God who gives us seven days to live each week commands that we save one out of seven to worship, rest, focus and remember who we are and whose we are. So what will we do with this command?



SHARE highs and lows to set the stage for a more open and meaningful discussion.



READ and highlight the theme verse, Exodus 20:8, then connect it to one or more of the following texts:

- Mark 1:21
- John 9: 13-16
- Genesis 2:2-3
- Psalm 92



TALK about how the Bible reading might relate to today's highs and lows. Supplement your discussion with some of the following.

A. IMAGES IN WORDS AND ART Take a look at the theme art and cartoons. What do you see in the art? Ask youth where they are in the art. How might the art and the theme verse apply to your group highs and lows today?

B. ROLE PLAY

Respond to friends who tell you the following:

“I don't need to go to church. I can worship God in the woods.”

“Sunday is the only day I can sleep in.”

“I have to work on Sunday mornings because I need the money.”

C. CATECHISM ENCOUNTER

Read Martin Luther's explanation of the Third Commandment in the Small Catechism. Circle the word that jumps out at you and share why.

Luther's Small Catechism Meaning of the Second Commandment:

We are to fear and love God, so that we do not despise preaching or God's word, but instead keep that word holy and gladly hear it and learn it.

D. QUESTIONS TO PONDER

- 1. What are some spiritual exercises that keep people strong?** *Affirm all thoughtful answers. Some answers could include worship, prayer, meditation, Bible study, etc.*
- 2. Working out once a week is better than nothing, but doing a little every day is a much healthier way to live. Which of the spiritual exercises you just listed can you do every day? Why would you do them? Will you do them?** *Affirm all thoughtful answers.*
- 3. What is the difference between recreation and wreck creation?** *They are the opposite. Recreation replenishes us, while wreck creation is what happens when we don't slow down and take time to rest and recharge God's creation—ourselves.*

E. QUOTATIONS

Ask youth to choose a quotation and share their thoughts and questions about it.

I try to take a weekly digital Sabbath, batch my emails so I deal with them a few times a day rather than constantly, and increasingly give myself permission to ignore unsolicited communiques. I try, too, to give others more slack. The "respond-now culture" is a two-way street. I'm trying to be more mindful of that.

– Noreena Hertz

You can't get something out of worship if you don't put yourself into it.

– Unknown

For fast-acting relief,
try slowing down.

– Lily Tomlin

F. WRAP UP

Summarize the event with your group, assigning someone to share what you learned at closing.

- One new thing we learned today
- One thing we already knew that is worth repeating
- One thing we would like to know more about
- The highest highs and lowest lows which our group will bring to the closing prayer



PRAY

for one another. Praise and thank God for your highs. Ask the Holy Spirit to be with you in your lows. Include your friend's highs and lows in your prayers. Invite youth to think of something going on in the world that calls for prayer.



BLESS

one another by name. Trace a cross on each hand or forehead. Look them in the eyes and give them a smile. Ask for their blessing as well!