

Before You Start

- Put down your devices and turn off the TV!
- Open in Prayer:

Dear God,

As we come together as a family we ask you to join us. Through the power of the Holy Spirit, please help us be open to each other, honest in what we say, and willing to listen to each other. Help this time to be holy. In Jesus' Name, AMEN.

Read

Exodus 16: 1-8, 16-30 (You can read this in your Bible, or on an app like YouVersion or Bible Gateway)

Think About This

Moses and the people of Israel had just been miraculously delivered from Egypt. They walk through the Red Sea and come out on the other side into the desert. In our passage, they are starving and they long for the “good days” in Egypt. They really feel like God is going to let them die in the desert. The Lord has gone to great lengths to save them and yet they do not trust Him to provide what they need. Why would God tell them not to gather more than they need each day except for the 6th day?

Because God wants Israel to trust their Savior to provide what they need. The Sabbath is one day set apart to exercise trust in the Lord and worship him. Sabbath means to “desist from labor.” How do you think these ex-slaves felt when God gave them a day off every week? The command to keep the sabbath holy is a gracious gift from our kind God.

Talk About

- What does “work” look like for each of us throughout the week (not just things you are paid for)? What do you work hard at?
- What would happen if we rested from that work on Sundays - except for works of mercy and necessity? What kinds of things do you fear you will miss out on or not receive if you refrain from work on the Sabbath?
- Why is it so hard to just rest one day of the week? What causes us to feel like we need to always be doing something?
- Why do you think God wants us to rest one day a week? What does that tell us about God and who God is, if God wants us to rest one day a week?
- How can resting once a week help you the rest of the week? How can having a day that is intentionally focused on rest and on God help us in our faith?

Close In Prayer

Dear God, we thank you for your Word, which brings comfort and peace in uncertain times. We thank you for giving us examples of imperfect people throughout Scripture who teach us so much about ourselves. And thank you for creating a day of rest, so that we can regain our strength to be your people each and every day. In Jesus' name, AMEN.