



KING OF GLORY

A LUTHERAN COMMUNITY

Work x 6 = Rest

Point:

The Sabbath is rapidly disappearing in our society. We actually don't know which "day" God intended for us to take as a Sabbath day. However, we do know that God intended for us to rest. So historically, Sunday has been identified as the day that we would worship and rest. Sunday is our Sabbath day.

Then in the mid 20th century as people became busier, the Sabbath began to lose its meaning. Our society has changed so that it is no longer possible for everyone to share the same Sabbath. As stores, businesses and manufacturers operate on Sundays, it becomes more and more important that people remember the Sabbath. People are busier and busier....stress levels are higher and higher and folks are not taking opportunities to rest and renew. Likewise, as people become busier, they are not taking time to worship in a faith community. They might have something else going on during worship times, or they just may be tired from a busy week. Either way, the importance of the Sabbath as a day to worship God is diminishing.

God wants healthy people who are in a healthy relationship with Him. This is why God created the Sabbath for an opportunity to worship and to rest. It is a day for spiritual and physical health.

Scripture:

Exodus 20:8-11

Questions:

1. As we start talking about the Sabbath in terms of resting, on average how many hours do you sleep a night? How much time do you spend relaxing? What is resting? Why?
2. Generally kids are pretty stressed, though they may not see it. What is your level of stress from school, friends, family etc.
3. Why do we need rest? If God created people and people are not taking care of themselves, aren't they in a way misusing one of God's creations? Is there a spiritual component to rest? Does stress help or hurt our relationship with God?



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4. This scripture is pretty straight forward. Does everyone have to take the same day as the Sabbath? God wants a day, but because of different schedules, is it possible for different people to take different days of Sabbath? YES!!! God just wants us to rest.
5. You can substitute the word respect for the word fear in Luther's meaning. Luther believed that the sabbath was primarily for the purpose of workshop. It exists so we can pay attention to God's word and how it is preached. We want to convey that the Sabbath is NOT just for rest but to be kept holy in addition to resting. What does it mean to keep something Holy?



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Student Questions:

The Third Commandment

Remember the Sabbath day by keeping it holy.

What does this mean? We should fear and love God so that we do not despise preaching and His Word, but hold it sacred and gladly hear and learn it.

1. What are the first two commandments?
 - 1.
 - 2.

2. Add up the amount of time you:
 - a. Hours you sleep every day _____
 - b. Hours you spend reading every day _____
 - c. Hours you spend on your phone/video games every day _____

Total: _____



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3. In general how much stress, pressure or anxiety do you feel? On the following chart put an x where think you feel yourself to be.

Mello

Super stressed!!

4. Why do people need to rest? What happens if you don't?

Read Exodus 20:8-11

What does the Sabbath mean?

What does it mean to keep it Holy?

Why are we to do this?

5. What are two purposes of the Sabbath for us?

Think of your family..... What is a typical Sunday like?



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This week I challenge you to find a way to help your family keep the Sabbath Holy. What can you do/change?