



Sabbath

OBJECTIVE

To help groups rethink their attitudes and actions towards hearing the Word, sharing the supper and re-creating on our God-given day of rest

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? Don't let anyone leave this session without being confronted by this thought: 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?

FAITH5 SMALL GROUP TIME



SHARE highs and lows to set the stage for a more open and meaningful discussion. Pair group members up one-on-one to share the best and worst things that happened this week. After a short while, return to small group and invite each person to share their partner's highs and lows. Encourage youth to write their personal highs and lows, those of their partner, and a short prayer on their FAITH5 Small Group Time Handout.



READ and highlight the theme verse, Exodus 20:8a, in your Bibles and circle key words. A musical version of this Scripture verse can be found at www.faithink.com, FINKlink TC03.



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. 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.

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

E. TERMS OF THE WEEK Review these key terms and write definitions.

Holiday: Sacred, special, set apart for God's use.

Recreation: Play, or a free-time activity.

Remember: To recall to mind, to keep carefully in memory.

Sabbath: The Hebrew word for "rest." The seventh day of the week was set aside for rest and worship in honor of God's resting on the seventh day of creation (Genesis 2:3). After Christ's Easter Sunday resurrection, Christians changed their worship day to Sunday in honor of the day Jesus proved his power over death. Christians observe the first day of the week as the day to rest, honor and remember God.

Worship: Reverent love, honoring God, showing devotion, literally "worth ship."

F. GROUP BUSINESS

1. Servant Event Idea: Invite a new student at school to worship with your group and buy this visitor breakfast after the service. Introduce this person to some of your friends at church and school.

2. FAITH5 Home Huddle: Encourage youth to take a few minutes for FAITH5 with their families each night at home, using the FAITH5 Journals or the Home Huddle Handout.

G. 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. Toss a newspaper into the center of the group or invite youth to think of something going on in the world that calls for prayer. **Tip:** Gather in a circle. Hold hands, lock arms or go shoulder-to-shoulder to bond your group!



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

