# Go Deeper ...

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#### The 4th Word: "Remember the Sabbath..." Ex 20:8-11

What is your experience with the Sabbath? Is it a familiar practice? Explain

Read Exodus 20:8-11 & Deuteronomy 5:12-15:

-Notice how Exodus cites the pattern of Creation while Deuteronomy references the experience of slavery. How do these two explanations work together to create a holistic picture of the Sabbath and its purpose?

## Read Exodus ch 16:

- -Why does God "test" Israel in this way? For God's benefit or theirs?
- -What does this story teach us about Sabbath?
- -What do the lessons of Sabbath from this story teach us about God? What do they teach us about humans?
- -Why did they preserve some manna for generations and how does it connect to the importance of Sabbath for the community of Israel?

## Read Exodus 14:10-14 & Isaiah 30:15-18:

-In Exodus 14 God tells the people "The LORD will fight for you; you need only to be still." How might this teach the people the power of resting in the LORD and prepare them for lives of practicing Sabbath? -The Isaiah text is written long after Exodus in the time of the Divided Kingdom when Israel was tempted to find "safety" by trusting in the power of Pharaoh and the Egyptian Empire. What is the irony and tragedy of this situation for a people defined by the Exodus?

- What is the consequence of ignoring rest and trusting in human power?

Why is practicing Sabbath difficult for many people?

How does Sabbath cut against the prevailing wisdom and culture of our day?

What habits, anxieties, or compulsions keep you personally from Sabbath?

#### Plan out a 24 hour Sabbath:

What day will it be on? Where will it be?
What do you need to cancel in order to do it?
What restful God-connecting practices will you engage with?
What anxieties will you need to consciously surrender to God?
Who can help encourage you and hold you accountable in this?

Resources: Keeping the Sabbath Wholly by Marva J Dawn
Sabbath Keeping by Lynne M. Baab

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