



Check In

Connect with God honestly about where you are at



Reflect

"Review until" something pops to talk to God about



Share

Talk with God & others about what is now on your heart to do

Deuteronomy

Session 9 - Word Four: Sabbath

Check In

God is glad to connect with you. He wants to hear about how you are doing. Take a moment to notice your primary emotion of the day as a way to help yourself be fully present. Consider whether you are primarily sad, angry, scared, happy, tender, etc. Share with God that emotion. Write out: What are you thankful for? Ask him, "How does he feel about you?"

Reflect

Spend some time with the biblical texts and the resources below. Do so until something in particular pops out to you, you do not need to get through everything. Talk with God about what encourages, challenges, or confuses you.

Read Deuteronomy 14:22-16:17

Moses expounds on Word Four (5:12-15): "Observe Yom Shabbat to keep it holy, as Adonai has commanded you. Six days you are to labor and do all your work, but the seventh day is a Shabbat to Adonai your God. In it you are not to do any work – not you or your son or your daughter, or your slave or your maid, or your ox, your donkey or any of your livestock or the outsider within your gates, so that your slave and maid may rest as you do. You must remember that you were a slave in the land of Egypt, and Adonai your God brought you out from there with a mighty hand and an outstretched arm. Therefore Adonai your God commanded you to keep Yom Shabbat." The central reality being described is that God is the one who orders the world. It is likely that this section does not describe "how to Sabbath," but describes the life formed by Sabbath observance. Ultimately, God's pattern of creation, rest, love/grace, and generosity are to shape our regular life. This section closes with a recounting of the festivals that God gives to order the people's calendar and life rhythms.

Relationship - What stands out to you about being in relationship with God and our stewardship as his covenant people?

Revelation - What do you notice about the reality of God's world and ways?

Character - What do you learn about God as holy, and how, as his covenant people, we are invited to be like him?

Read "[Word 4: Sabbath](#)" by John Walton; Optional: Listen to Fr. Josiah Trenham on "[The 4th Commandment](#)."

Share

Be quiet for 3 minutes. What do you sense God is saying to you? How will you pursue being faithful with that this week? The community is blessed when we share out of our life experience, gifting, time with God, and reflection on scripture. We believe everyone contributes to teaching. What insight, question, or experience do you want to share with us?

Steps for Church Families of Prayerful Love:

- What are you thankful for? What challenges are happening in your life, family and community?
- What did you like/not like about the Scripture?
- What did you learn about God and people from the Scripture?
- What do you sense God inviting you to live out with him this week?
- Who do you know who needs to hear this?
- Ask God: How can I bless (body, labor, emotions, social, spiritual) those people who need this?