

Lesson 2**Sabbath as Command and Gift****REFLECTION GUIDE****Welcome**

As you watch the lesson, take notes on key themes, ideas, and questions that stand out to you. Pause the video when needed to reflect, jot down insights, or revisit an important section. Stay attentive to how the content connects with both your personal faith journey and issues that matter to your community.

Questions

- The Scriptures describe the sabbath as a gift to receive, not just a commandment to obey. How would seeing the sabbath as a gift change the way you relate to it?
- Describe a season in your life when you would have most benefited from healthier rhythms around work and rest. What made resting hard during that time and what effect did your busyness have on you?
- In the Jewish tradition, one of the ways of keeping the seventh day holy is by engaging in activities that bring *menukha* – that is, a sense of tranquility, wholeheartedness, and delight. What are some *menukha* activities for you?
- In your view, what are the advantages and disadvantages of Constantine's decision to combine the sabbath day (Saturday) with the Christian day of worship (Sunday)?
- Imagine you are talking with the parents of three kids all under the age of 12. They truly want to be involved in church, but they also are exhausted and admit that getting the kids out the door on Sunday mornings feels like a lot of work. What advice would you give them?