

Lesson 4
Sabbath as Resistance**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

- Which motivation clause – the one in Exodus 20 or the one in Deuteronomy 5 – is more meaningful to you? Why?
- Have you ever struggled with feeling that resting is a sign of laziness? How do you think you came to see things this way?
- When you find yourself in a rut of overworking, is it more the result of external pressures (e.g., from an employer) or from an internal drive to be successful?
- What do you fear running out of in your life? How does this fear of scarcity manifest in your behaviors and attitudes?
- Describe a time in which you struggled with the superhero complex. Looking back, where did you need to do less and what did you need to say no to?
- Read Isaiah 56:1-8. What about this passage resonates with you? What are the advantages or disadvantages of a common practice – in this case, sabbath keeping – being the glue that holds a community together rather than a common set of beliefs?