

Lesson 5

Sabbath as Social Justice

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

- In what sense is your ability to rest contingent on others and/or the organization you work for? Conversely, how might your working cause work for others?
- If you had to update Deuteronomy 5:14 for modern times, who would you name in your community (individuals or categories of people) as not being able to cease from their labors without being given permission to do so?
- Consider Exodus 23:10-11 and the way giving the land rest every seventh year helps provide food for the poor. What advantage might this system have over a food pantry or other way we typically try to support food scarcity today?
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- Read Deuteronomy 15:1-9. What stands out to you about how Israel is to care for the economically vulnerable?
- How does knowing that the original use of the LORD's prayer was in the context of a liturgy inaugurating the sabbath year change the way you understand God's forgiveness?
- Why might it be beneficial today for social justice movements or advocacy to be connected more explicitly to the idea of sabbath?