



How has this time of “social distancing” affected you thoughts about Sabbath? About corporate worship? About fellowship?

Why do you think the fourth commandment starts with “Remember the Sabbath day”?

What emotions do you experience when you hear “Remember the Sabbath day to keep it holy”?

What kinds of things cause us to “Forget” the Sabbath day?

In what ways do we “remember Sabbath” and how is it about more than just remembering?

How much are Sabbath behaviors or practices tied to your concept of “keep it holy”?

How is worrying about every detail of “keeping Sabbath” a violation of working on the Sabbath?

In what ways is Sabbath a counter to our pursuit of accomplishment and accumulation?

How does Sabbath impact the other six days?

How can you make Sabbath about resting in God’s holy work?



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