

TEN COMMANDMENTS 3

REMEMBER THE SABBATH DAY

RELAX

What is your favorite activity to do by yourself to help you relax? What does your family do to relax? Do you think people rest enough?

READ AND REFLECT

Read Matthew 12, then answer the following questions about verses 1-14.

- What problem did the Pharisees have with Jesus' disciples?
- The Pharisees considered picking food to be work, and thus sinful to do on the Sabbath. Do you agree that this should be considered "working" on the Sabbath? Why or why not?
- Jesus points out instances in the past where people did this same thing, and yet were not found to be guilty of breaking the Sabbath. All of the stories involve the temple of God. Then Jesus says in verse 6, "I tell you, something greater than the temple is here." What do you think He means by this? What is He talking about?
- The Pharisees ask Jesus another question in verse 10. What is it? What was their motivation for asking it?
- Jesus turns their understanding of the Sabbath upside down in verses 11-13. What does Jesus say is permitted on the Sabbath? What does this mean for us today?

RESPOND

Choose one of the following resolutions to keep until the next class:

- Read the book of 1 John by your next class.
- Do something for a family member so they can relax.
- Spend 3 minutes every day being still and knowing God. (See Psalm 46:10)

