

NAME _____

Confirmation Independent Study/Make-up Lesson

Session 4: Rest and Work

1. Recall that the LORD God gave the Ten Commandments to the nation Israel after they had been rescued from slavery in Egypt.

Read Exodus 1:11-14 and describe what their lives had been like as slaves:

2. Read Exodus 20:8-11.

- a. Sabbath means “rest,” or “stop work.” How do you think the Israelites would have felt about this command just after they had been slaves in Egypt? Do you think this command would have been seen more as a blessing, or burden? Explain.

- b. This commandment encouraged the Israelites to imitate whom? _____

- c. True or False The servant class of people were exempt from this command; they had to work so that their masters got better rest on the Sabbath.

3. Read Genesis 2:2-3.

- a. What did God do on the seventh day of creation? _____

- b. Think about it: Adam and Eve were created on the sixth day, so their first full day was God’s seventh day. What would Adam and Eve have been doing on their first full day in creation—work or rest? _____

- c. True or False We learn from the creation story that our responsibility to work for God comes before our relationship of resting with God.

4. Read Exodus 16:13-30.

- a. True or False If a person gathered extra manna on days one through five (Sunday through Thursday), any leftovers would be infested with maggots and stinky by the next morning.

- b. True or False If a person gathered extra manna on the sixth day (Friday), it would not be rotten with maggots on the seventh day (the Sabbath, Saturday), but would keep all day.

c. True or False Moses wanted people to go out on Saturdays (the Sabbath) and gather manna to eat just like they did every other day.

d. Explain why taking Sabbath rest involves trusting that God will provide: _____

5. Read Matthew 12:1-14

a. True or False Some men who belonged to the religious group known as “Pharisees” thought Jesus deserved to be put to death for breaking the Jewish laws and customs for keeping the Sabbath day.

b. True or False Jesus said he would wait until the next day to heal the man with the shriveled hand because he didn’t want to break the Sabbath rest by healing him that day.

c. True or False From this story we can conclude that physical healing and/or the health of our bodies is a part of God’s purpose for giving us Sabbath rest.

6. Background information: The first believers in Jesus were Jewish and practically all of them kept the Sabbath day on Saturday by not working at all, but going to synagogue instead. Before long, non-Jewish people also became believers in Jesus. Non-Jews were not required to follow all the Jewish ceremonies and customs in order to follow Jesus. Most of them continued their pattern of working on the Jewish Sabbath (Saturday), but they wanted to honor God by having a different day to pause from work in order to gather and hear God’s word; namely, Sunday (in honor of the resurrection of the Lord Jesus).

a. Read Colossians 2:16-17. What reality was the Sabbath meant to point to, or foreshadow: _____

b. Read Matthew 11:28-30. What does Jesus offer to us here that corresponds to the Sabbath? _____

c. Psalm 62:1 says, “My soul finds rest in God alone; my salvation comes from him.” Explain how this attitude relates to keeping the Sabbath: _____

7. This is how Luther's catechism summarizes the 3rd commandment for confirmation students to memorize: **"Remember the Sabbath Day, by keeping it holy."** Below are some words that could be substituted for "holy" in this sentence. Put a check beside every word in the list below that gets at the meaning of holy. But if a word would change the meaning of the command, leave it unchecked:

- sacred defiled special consecrated ordinary illustrated
 difficult celebratory restful corrupted revered blessed

8. This is the meaning of the 2nd commandment given in the *Small Catechism*: **"We are to fear and love God so that we do not neglect His Word and the preaching of it, but regard it as holy and gladly hear and learn it."**

a. When your body is in the church but your mind and heart are not engaged in worshipping God, are you keeping the Sabbath day holy? _____

b. What kinds of things most distract you from really worshipping God? _____

c. What could help you get more out of worship services? _____

9. Why is it that hearing God's word is the important part of finding your rest and refreshment in God? _____

10. When you break the Sabbath, against whom is that sin? (Check all that apply)

- Against God
 Against Yourself
 Against Other People

11. Most experts think that teens need about 8.5-9.5 hours of sleep per night.

a. Do you get enough sleep during the school year? _____ Why, or Why Not?

b. During summer? _____ Why, or Why Not? _____

12. On most days, how would you answer the question: "Have I made time in my week for physical rest and enjoying time with God and others?"

13. Of the activities listed in the table below, choose what you think is the most appropriate category (y=yes, this is definitely Sabbath; n=no, this is definitely not Sabbath; m=maybe, or maybe not, depending on . . .). Explain the reason for your answer in the last column.

Activity	Y/N/M	Explanation
1. Attending a worship service		
2. Going to a football game		
3. Taking a hike with friends		
4. Watching T.V.		
5. Going to a movie		
6. Using social media on a smartphone.		
7. Going to a restaurant.		
8. Swimming laps.		
9. Hanging out with friends.		
10. Reading a novel.		
11. Doing a Bible Study.		
12. Doing Homework.		
13. Doing a craft or building a model.		
14. Playing a video game		

14. Describe a time when you had to trust that God would work things out for you because you needed to stop working on something and get some rest instead? _____

15. In the diagram below, see if you can put the following words where they seem to best fit in the clouds: Productive, Lazy, Burned Out, Depressed

