

# Learner Take-Home Sheet: Sabbath Day

## Prayer Time

### Day 1

Incorporate the ancient practice of *lectio divina* in your prayers this week. Read Psalm 46:10, pause for a few minutes of contemplation, then read the same passage aloud and again take time to reflect. What images does this passage stir up for you? What prayer concerns does it put you in mind of? Did they change? Did you hear the passage differently from one reading to the next?

### Day 2

(You will need: a timer, a quiet place, a piece of paper and a pen or pencil)

Sit in a comfortable position, feet on the floor, with your timer for 10 minutes, paper/ pencil next to you.

Turn on the timer close your eyes and try to listen to your heart beat.

If something comes to your mind that you need to remember write it down.

Close your eyes and listen to your heart beat again. Was it hard to stop thinking of things? Why was that?

Did you get the feeling that God was trying to tell you something?

### Day 3

Write or type on your computer a letter to God, include things that are going on in your life: Good things, bad things, things you are worried about, or looking forward to, things that are going on with your friends, things you appreciate in life, in the world and things you don't like. Fill up one side of a paper.

## Talk Time

- What might God have had in mind when commanding humanity to rest one day a week?

How does modern technology affect our need for Sabbath?

What do you do on your day of rest? What do you think God wants us to do to "Remember the Sabbath and keep it holy"?

Where and when do you feel closest to God? Do you find closeness in community with others or in time alone? Is there a place or time that is the same for everyone in your family? Encourage each other to seek out a God time and space each day.

## Be prepared for a quiz on the 3<sup>rd</sup> Commandment and meaning

\_\_\_\_\_  
Students name

Parent  
Signature > \_\_\_\_\_  
My student completed his/her homework to my satisfaction