



elev8

life on another level

# Student Workbook

**YEAR 1**

The Ten  
Commandments  
Keep the Sabbath holy

**Bible Readings**

Exodus 20:1-17

Leviticus 23

Leviticus 25

Matthew 12



### Learning Outcomes

At the end of this week you will be able to:

- Locate the Ten Commandments.
- Express the theme of the fourth commandment in your own way.
- Apply your learning from the commandment to your own life and community.

### Notes from Bible Reading

**Scripture** A word or phrase that stood out to me:

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**Observation** What is happening in this Bible reading?

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**Application** Something that I learned about who I am or how I should live:

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**Prayer** What I would like to say to God, ask of God, or what I think God is saying to me:

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**Key Question** What is the purpose of keeping the Sabbath?

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### Engage

Go around the group and share one thing for each heading that has happened since you last met:

- Plus – What has been good or enjoyable?
- Minus – What has been difficult or painful?
- Interesting – What has been unusual or thought provoking?

Describe your perfect Sunday; starting from what time ideally you want to get up, to what you would get up to and why, and what you would do until midnight?

### Explore – Locate

- *What stood out to you in the Bible readings this week?*
- *What did you find meaningful or significant?*
- *Is there anything that you didn't understand or found confusing?*
- *Any questions or comments you may have?*

**Read together:** Matthew 12:1-13

#### Three thoughts

1. Exodus 20 : 8-11 describes how we should treat the Sabbath.

A day to rest from work and to celebrate your labours throughout the week (they didn't have 2 day weekends) for the individual, their family and anyone else (including animals) that could be made to work for you at that time.

You should keep in mind that there really wasn't a notion of weekends at all back then, but there was an expectation that everyone worked every day.

It is important to notice that the day of rest wasn't just for the individual but everyone (and thing) associated with them. Why is this significant?

2. The other Bible passages also extend the idea of Sabbath (or rest and celebration) to other times (the three main national festival holidays) as well as the limits you should have regarding people that work for you.

Why are working conditions related to this idea of Sabbath being holy?

3. Holy, or being as 'righteous' or as 'just' as God wasn't an idea just limited to strictly 'religious' things but to all areas of life, including how we approach work, everyone that is impacted by what we have and how we live, and how we should treat them.

Although Western culture likes to emphasise the individual, again and again, God reminds us through his guidelines that we as individuals impact other people, and we need to always think about how we are connected to everyone else and have to think about the community as much as ourselves.

There are lots of areas we can explore with the Sabbath idea, such as the need for space for reflection on how God affects all areas of lives especially now that we live in the world that is full of things to entertain and distract us from connecting with God and the reality of life for most people in the world.

But we're going to focus on how Sabbath applies to the working conditions of people around the world.

### Explore – Integrate

Write down 10 things you have in your current life that help you live the way you like.

Then list all the people that are involved in either creating, growing, looking after and helping you to get what you need – think of all the people, whether they are the transport drivers, the abattoir workers (those that help process the meat you eat), the sweatshop workers, checkout chicks, etc.

See if you can list them in order of how they are produced from the raw materials, to the putting together, to the shipping to you.

Connecting all these people involved in those 10 things would result in a web diagram that shows how your actions influence so many people's lives.

If you wanted your thing to be really cheap, you can see how that has a flow on effect to all the people in the web you've constructed.

Why do you think more companies are producing stuff overseas instead of locally?

Do you think they give the same wages, holidays (rests), health and other benefits to workers overseas as they do to local workers?

Also what impact do you think it has on animals and the rest of the environment for us to get all our stuff from overseas?

If your thing on the other hand is expensive, do you think that the money you spend gets equally and fairly distributed all the way down the line?

Have you heard of fair-trade products? Why do certain Christians feel so passionate about it?

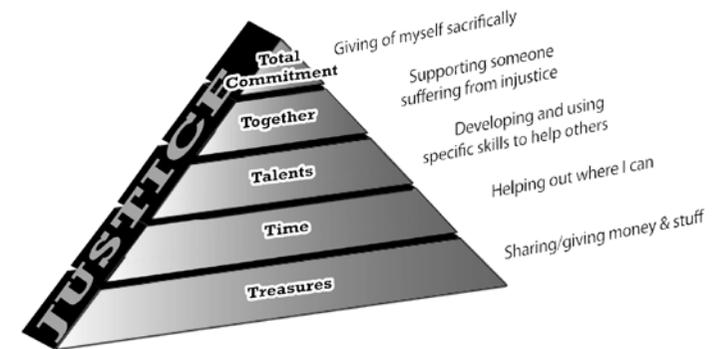
If you wanted stores and things to be always available, what impact does that have on the lives of those who work to produce it?

- Why does God want us to take a break from making money or being productive?
- Why does he want us to make sure others also do the same?
- Why does he insist that we just don't make others work harder to make up for the fact that we are resting or on holiday.

God's holiness or righteousness always has an impact on how we deal with people practically.

The Sabbath reminds us to think of all the people affected by how we live and want what is best for others (and that is not always to make them work more).

Notice how the Sabbath tells us that work and earning money should not be the most important thing in our lives, and that we need to take a break from it and give others a break from it to be as just as God is.



(continued...)

### Explore – Integrate *(...continued)*

Knowing that what we buy and have affects other people's lives:

- What are products I can buy less of, or spend more money on in order to make it better for someone else's life?
- How can I help others more out this week, so they can enjoy rest?
- What cause can I either find out more about or volunteer for to help others enjoy and celebrate their lives as God intended?
- What cause or exploited people can I share with others to raise their awareness of injustice or unfairness in the world – to speak on their behalf because God would want improvement in this area?
- In what way can I sacrifice and change how I currently live long-term in order to ensure God's justice is seen and felt more in this world? (It may be to change how much money you spend in one area of your life in order to give it away to some other area.

### Extend

Discuss with your group the challenges you are tackling. Use the time to ask for any help you might need, or to work together on any shared projects that you have.

#### Questions that may be helpful include:

- What challenges are you working on at the moment?
- Do you need any support or assistance?
- Are there any challenges that you have completed that we need to recognise and celebrate?
- Are there any new challenges that you want to work on?

### Encourage

Tell another student in your group something you value or appreciate about them.

Share one thing you would like to pray for and pray for one another.

Pray for us to think more about all the people affected by our lives, especially the hidden workers that contribute to our lives.

Give thanks that God has given you the resources you have in order to be good caretakers so that you can use it to help others less fortunate or connected to God than you

Pray that our hearts will be broken by the things that break God's heart.