



THE MISFIT COMMANDMENT

In this lesson, youth explore the fourth commandment.

ENHANCER OF JOY

Sabbath

DURATION

60 minutes

LESSON DEVELOPED BY

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GOAL

A Sabbath Life with God Spreads the Joy

TIPS TO PREPARE

Think carefully about how to lead the GREET

Ask a few people to pray for the Holy Spirit to lead young people into next steps (REFLECT: INVITE)

MATERIALS CHECKLIST

- Index cards, pens for all
- Music that energizes
- Flip chart wall post-its
- Markers for post-its

SETTING THE ATMOSPHERE

Welcome, upbeat music as teens walk in

Set the space to fit for a whole group mixer, then move into a semi-circle (ideally) where all can contribute easily

Send the signal: This is an adventure in teamwork that we want to enjoy with God

SCRIPTURE FOCUS

Acts 2:42 - They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

Purpose

Young people will consider how enticing the Fourth Commandment is as a weekly habit that can move us from restlessness to enjoying life with God

Further Study

Walter Brueggemann. *Sabbath as Resistance*. Louisville, KY: Westminster John Knox Press, 2014. (This is an excellent resource developing the theme of 'restlessness' versus 'restfulness' by deep-diving into a study of the Exodus of Israel from an endless state of productivity.)

Gather

Gather (5 mins)

- Greet Exercise: "On a scale of 1-10 tell three other people how *restless* you feel as we come together."
 - Ask an individual to pray for each person to be drawn to consider how God has provided for a restful life with Him by insisting that we practice Sabbath
 - Introduction to the lesson: "Have you ever considered the way the Fourth Commandment seems out of place with the other nine? Let's consider how the Lord wants us to set aside a weekly Sabbath day as a way to overcome life's restlessness, enjoy life with God & love others."
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Engage

Engage (30 minutes)

Activity 1: 'Jigsaw Learning' Groups

- Split into four groups to read a passage of scripture together and respond to the question, "*How would YOU FEEL if you were in the nation of Israel during this experience with God?*"
- Each group should discuss and come to agreement on what they'll say to others.

GROUP #1: Exodus 4:29 - 5:21

GROUP #2: Exodus 14:15 - 31

GROUP #3: Exodus 16:1 - 35

GROUP #4: Exodus 19:25 - 20:19

- Reorganize into different groups of at least 4, where at least one person from each of the Exodus passages is present.
- Take turns to briefly summarize the story for others and then share what your group agreed about how you would feel.

Reflect

Reflect (20 minutes)

- What are some ways Israel seemed to be *anxious* (restless) in these stories?
 - What is *restlessness* like for most of us today? What makes you *restless*?
 - What was God's plan for Israel's *restfulness*? Is that his plan for us, too?
 - How do you think rest with God can contribute to your joy in life?
 - Give each person a short time to jot down privately what contributes most to their personal restlessness in life and mark whether they believe God can help.
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Send Forth

Send Forth (5 minutes)

- Invite everyone to discover more about Sabbath Rest over the next two weeks by talking to friends and family about whether they are generally living in *restlessness* or *restfulness* and how common it is for them to enjoy God's presence
- Pair up to pray for each other, that the Lord will show us what we need to see about restful and joyful living with Him.