



Reflection Questions

October 29, 2023

5th Sunday – A Sabbath for the Family

Exodus 16:21-36

Moses gives Israel specific commands for how manna is gathered, and in doing so reveals the beginning of the importance of the 'Sabbath.' Why would God command a day of rest for His people, and what significance does it have for New Testament Christians?

Reflection Questions:

1. What is the Sabbath and why did God command His people to observe it?
2. How does the Sabbath give us the chance to slow down and focus on Christ? Why is intentional rest important for our spiritual well-being?
3. Do you struggle with finding time to rest and focus on God amidst your busy schedule? How can you prioritize intentional rest in your life?
4. Why is it important for us to trust God's Word and believe what He says about rest and provision?
5. In what ways do we sometimes show that we don't trust God's Word when it comes to taking a day of rest? How can we overcome this mindset of anxiety or busyness?
6. Discuss the significance of Sunday, the Lord's Day, as our designated day for worship and focus on God in light of Jesus' resurrection.
7. What would happen if you and your family really took a day of rest dedicated to focusing on God? How do you think it would impact your spiritual lives?
8. Reflect on whether or not you are giving enough time for intentional rest and focus on Christ in your life, both individually and as a family unit.