



1. Why was it important for God to specify a specific measure for each person to collect of the manna?  
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2. What can we do on Fridays that will help us better prepare for and enjoy what God offers us on Sabbath? \_\_\_\_\_
3. How do the two versions of the 4<sup>th</sup> commandment complement each other (See Exodus 20:8-11 & Deut. 5:12-15)? \_\_\_\_\_
4. What does the 4<sup>th</sup> Commandment say about servants, strangers, and even animals, and what does this mean? \_\_\_\_\_
5. How can you share the Sabbath in your community, so that they benefit from your Sabbath keeping?  
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6. What are the most significant things you notice about all the stories of Jesus healing on Sabbath (See Matthew 12:9-13, Mark 1:21-26, 3:1-6, and John 9:1-16)? \_\_\_\_\_  
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7. What do you do for the good of others on Sabbath? \_\_\_\_\_
8. What is remarkable to you about the 7<sup>th</sup> year Sabbath found in Leviticus 25:1-7 and can you incorporate this kind of principle into your life and work? \_\_\_\_\_  
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9. What difference should keeping the Sabbath make to the other six days of your week?  
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10. Is it possible to be greedy, selfish, and uncaring from Sunday through Friday, and not be that way on Sabbath? Would it really matter since it would only be superficial? \_\_\_\_\_  
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11. In what ways have you experienced the Sabbath as a demonstration of your trust in God? \_\_\_\_\_  
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12. Have you had a manna-like experience in your life where God has provided in response to your trust in Him? \_\_\_\_\_
13. What is one aspect of the Sabbath Commandment (Exodus 20:8-11 & Deuteronomy 5:12-15, that you most appreciate? \_\_\_\_\_
14. Brainstorm some ways you can share the blessings and benefits of the Sabbath in your community.  
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15. What are some ways the Sabbath changes your life and are there parts of your life where the Sabbath should have a greater impact? \_\_\_\_\_  
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*This lesson challenges us to know God as He calls us to understand His laws, statutes, and judgements of love, compassion, and stewardship in this broken world.*