



YOUTH STUDY

from www.TheThoughtfulChristian.com

PARTICIPANT HANDOUT Session 2

Sabbath Keeping for Busy Teens: A Youth Lenten Study

Sabbath helps us see our neighbors as friends, not competitors

Scripture

Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it.

Exodus 20:8–11

“Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory

was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’”

Matthew 6:25–31

This Week

In this session, we will explore how the Sabbath commandment encourages us to see our fellow human beings as neighbors, not competitors.

Prayer

God of Sabbath,
in a world that wants us to see one another as the competition,
help us to remember that in Jesus Christ, we are one another’s brothers and sisters.
May we find opportunities to practice Sabbath rest
and remember that our greatest call is to love one another as you love us.
In Christ’s name we pray. Amen.

Case Study: Neighborly Leadership

Kimberly is a senior in her church youth group and has been tasked with organizing a day of service in her local community. In order to motivate the group, she has turned the day into a challenge. Each class in the youth group (freshmen, sophomore, junior, senior) receives points based on how many people participate. Classes can also earn extra points based on how many projects they complete throughout the day. When the day of service arrives, she hands out different colored T-shirts to each class in order to identify which “team” they are a part of. The groups take off and begin racing through their service projects. First, they rush around picking up trash in a local park. They then hurry to slap a fresh coat of paint on the playground equipment. Once they have finished at the park, they jump into their cars and race across town where they frantically sort through expired food at the food bank. At the end of the day, Kimberly declares the sophomores the winners. The sophomores then head off to celebrate while the other classes return to the playground, where they have been asked to apply a second coat of paint to the playground because the first coat was done in such a rush that the equipment looks worse than when they started.

David is also a senior in his church youth group, tasked with organizing a day of service in his local community. In order to motivate his group, David gathers all the members of the youth group and shares with them some photos and testimonies of former youth who participated in similar events in the past and how it shaped their faith. He shares a bit about each project the group has been asked to help with (picking up trash, painting a playground, and sorting food at the food bank) and asks the group to determine whether they would like to work on all these together or go out in groups based on their interests and gifts. The group decides to go out in small groups and invite other friends from outside the youth group to join them. At the end of the day they come back together to share their experiences and offer prayer for each of the ministries they have been a part of that day. Because the group painting the playground didn’t finish all their work that day, they all agree they will return together the next day to complete the job.

Questions for Reflection

1. How do you see pharaoh-like leadership demonstrated in this case study?
2. How do you see neighborly leadership demonstrated in this case study?
3. What are some situations you have been in before where you have witnessed pharaoh-like leadership?
4. What are some situations you have been in before where you have witnessed neighborly leadership?
5. Think about familiar stories from the Gospels in which Jesus is leading his disciples. Can you think of some specific examples of times he encourages neighborliness in his leadership?