



YOUTH STUDY

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PARTICIPANT HANDOUT Session 3

Sabbath Keeping for Busy Teens: A Youth Lenten Study

Sabbath helps us remember where we are from and where we are going

This Week

In this session, we will explore how Sabbath calls us to remember where we have come from in order to help us discern where we are being called to go.

Scripture

Exodus 20:8–10

Deuteronomy 5:12–15

Arriving Activity: Where We Come From

Respond to one of the following prompts:

- Write down notes on any family stories you know about where earlier generations came from and how they got to where they ended up.

- Think of any group you are a part of (church, athletic team, club, music, friend/peer group) and write down some notes on any stories you know about the history of this group.

Closing Prayer

God of the past, present, and all that is to come,
in a world that so often wants us to forget where
we have come from,
thank you for the stories of Scripture
that remind us of those who have gone before us.
May we share in their faith and courage
in our lives today
and as we face the unknown.
In Jesus' name we pray.
Amen.

Case Study: Leaving Home

Aaron is the first in his family to even consider applying to college. Early on in his high school career his teachers and guidance counselor recognized his intellect and outstanding work ethic, so they took the time to help him apply to schools as well as secure a full scholarship. This fall, Aaron will travel to a small private college several states away from his family.

In order to help him afford the travel to school, as well as items needed to outfit his dorm room (sheets, towels, etc.), both of his parents have been working extra shifts. Aaron has been taking on odd jobs in the neighborhood. Although he has already secured a job working in food services at his new college, Aaron knows that most of the students who will be his classmates are coming from very affluent families. The majority of his college peers will drive nice cars and be able to hire tutors for difficult courses, and most will not have to work in order to be able to afford basic necessities like toiletries, transportation, or a winter coat when the weather gets cold. Aaron is incredibly grateful for this opportunity but also very apprehensive about the transition and being away from his family.

A Letter to Aaron

In partners or small groups, write Aaron a letter of advice and encouragement as he transitions to his new college environment. Your letter should include elements of remembering and practicing Sabbath as demonstrated by Moses in Deuteronomy 5.

