



YOUTH STUDY

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PARTICIPANT HANDOUT Session 4

Sabbath Keeping for Busy Teens: A Youth Lenten Study

Sabbath reminds us to include others

This Week

In this session, we will explore how Sabbath keeping calls us to a more inclusive way of life.

Scripture

Isaiah 56:3a, 6, 8

Membership in the Body of Christ

Do not let the foreigner joined to the LORD say,
“The LORD will surely separate me from his
people”;

.....

And the foreigners who join themselves to the LORD,
to minister to him, to love the name of the LORD,
and to be his servants,
all who keep the sabbath, and do not profane it.

.....

Thus says the Lord GOD,
who gathers the outcasts of Israel,
I will gather others to them
besides those already gathered.

Isaiah 56:3a, 6, 8

Focusing on verse 8, respond to the following:

- How has the church become more inclusive throughout history (racially, ecumenically, regarding gender and sexual orientation)?
- In what ways does the church still practice exclusivism in both official and unofficial ways?
- What is the difference between feeling excluded and being discriminated against? How can we help in each situation?
- How can the church make all children of God feel more welcome?
- How does Sabbath play a part in this effort?

Prayer

God who loves us all,
in a world that wants us to ignore the cries of the
oppressed
and focus on our own achievements,
we pray you will help us to keep Sabbath.
May we pause, rest, and listen for your call,
which tells us to love and welcome others
in the same way you love and welcome us.
In Christ’s name we pray.
Amen.

Case Study: Résumé of a Sabbath Keeper

Study the following résumé of a recent high school graduate:

Education

- Northeast High School, Class of 2019

Academic Achievements

- Graduated with honors, 4.9 GPA
- AP Scholar
- National Merit Scholar
- International Baccalaureate
- Presidential Scholar Award

Leadership Roles

- Grade 12: Student Body President
- Grade 12: President, French Club
- Grade 11: Student Body Treasurer
- Grade 11: Vice-President, French Club
- Grade 10: Class President
- Grade 9: Class Treasurer

Extracurricular Activities

- Grades 11–12: Varsity Tennis Team
- Grades 11–12: National Honor Society
- Grades 11–12: Model United Nations
- Grades 10–12: Varsity Cross-Country Team
- Grades 10–12: Yearbook Staff
- Grades 9–10: JV Tennis Team
- Grade 9: JV Cross-Country Team
- Grades 9–12: French Club
- Grades 9–12: Student Council Leadership

Work Experience

- Grades 9–12: Private Tutoring Business
- Grades 9–12: Private Nannying

Reflection Questions

1. How do you think this person keeps (or does not keep) Sabbath?
2. How do the groups this person is involved in influence who she interacts with on a daily basis?
3. Based on this résumé, do you think she has relationships with a diverse group of people or not?
4. How could this person create more time for Sabbath keeping and justice seeking in her life?