



YOUTH STUDY

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PARTICIPANT HANDOUT Session 5

Sabbath Keeping for Busy Teens: A Youth Lenten Study

Sabbath keeping resists multitasking

This Week

In this session, we will explore the idea that multitasking keeps us from observing true Sabbath.

Scripture

Isaiah 1:12–17; 58:1–7

Matthew 6:24–33

Addressing Multitasking and Practicing Sabbath

- What is one aspect of multitasking in your life that you would like to work on avoiding in the week ahead?

- How will you accomplish this goal?
- Who will you ask for help?

Prayer

God who loves us all,
in a world that constantly pulls us in every
direction,
help us to put down our phones,
to stop adding to the to-do list,
to focus our hearts and minds on you,
and to not rush by our neighbors who are in need.
In Jesus' name we pray.
Amen.

Case Study: Princeton Good Samaritan Study

Why do people help in some situations and not in others? There was a famous study done in the 1970s of a group of students studying to be ministers at Princeton Seminary. The study was conducted by social psychologists John Darley and Daniel Batson, who wanted to determine what factors might play into a person's decision to help someone.

The students were told to prepare a sermon on the parable of the Good Samaritan, the biblical story about helping strangers even when it is not convenient. The group of students were randomly assigned to one of two groups. When they gathered, one group, the *hurried condition* group, was told they were late getting to the place where they needed to deliver their sermon. The other group, the *unhurried condition group*, was told they had plenty of time to get to where they needed to preach.

Each student then walked alone to the place they were to preach. On the way, an actor portrayed a man in trouble who needed help. His eyes were closed, and he was coughing and moaning.

Which group do you think took time to help the man? Both? Neither?

The research found that only 10 percent of seminary students in the *hurried condition* stopped to help the man. In comparison, 63 percent of the participants in the *unhurried condition* stopped to help. So even a seminary student with the Good Samaritan on their mind might ignore a person in distress if they are in a hurry.¹

1. This particular summary of the Princeton Good Samaritan Study is taken from the following source: <https://sparq.stanford.edu/solutions/take-time-be-good-samaritan>.