

# The Law of Remembrance

## DISCUSSION QUESTIONS



### THE THIRD COMMANDMENT



1. How did you understand “Sabbath” growing up? Has Sr. Joan’s discussion changed your understanding? If so, how? What about “Sabbath” could have real meaning for you in your life now? Do words like “holy” have meaning to you? What could it mean to “remember to keep holy the Sabbath day?”
2. Sabbath (or “Shabbat” in Hebrew) literally means “rest.” Is this “rest” related to relaxing? Or is it a different sort of rest? Does the notion of “Sabbath” take on any new meaning?
3. The Sabbath was born out of the slavery of ancient Hebrew people—literally. After the Israelites left Egypt, the tradition developed that a day of rest was to be observed every seven days. “Sabbath” was not only an observance of freedom but of equality, as God commanded everyone from the native to the animal to the stranger to observe it. That was then—what about now? Who gets to rest today? Who doesn’t?
4. Imagine an active Sabbath observance in your own life; in the lives of your family or friends. What kinds of changes might you see in your life if you established a Sabbath practice for yourself and with others?