

Family TableTalk

Conversation 07

An Island of “Get-to”

read

Exodus 16:1-8, 16-30

think

Moses and the people of Israel had just been miraculously delivered from Egypt. They walk through the Red Sea and come out on the other side into the desert. In our passage, they are starving and they long for the “good days” in Egypt. They really feel like God is going to let them die in the desert. The Lord has gone to great lengths to save them and yet they do not trust Him to provide what they need. Why would God tell them not to gather more than they need each day except for the 6th day? Because God wants Israel to trust their Savior to provide what they need. The Sabbath is one day set apart to exercise trust in the Lord and worship him.

Sabbath means to “desist from labor.” How do you think these ex-slaves felt when God gave them a day off every week? The command to keep the sabbath holy is a gracious gift from our kind God. As Kevin DeYoung put it, the sabbath is “an island of ‘get-to’ in an ocean of ‘have-to.’” Do you feel like you have to reject God’s good gift of rest to have all that you need? If Jesus went to great lengths in order to save you, you can trust that he will provide all that you need. The Sabbath day is a special exercise in trusting that our Savior is on his throne and he is at work even when we are at rest.

apply

- What does “work” look like for each of us throughout the week (not just things you are paid for)? What do you work hard at?
- What would happen if we rested from that work on Sundays - except for works of mercy and necessity? What kinds of things do you fear you will miss out on or not receive if you refrain from work on the Sabbath?
- What are the great lengths Jesus went to in order to save you? Why do you think we have a hard time trusting that his commands are good?

pray

Heavenly Father, we have a more miraculous salvation than the Israelites had and yet we doubt that you will care for us. We know that you sent your son to die in our place to make your enemies your children, yet we worry and work as if we were orphans left to fend for ourselves. Help us to trust you for our daily bread. Help us to believe that you are at work all the time so we don’t need to be. Help us to believe that when we seek first the kingdom of God, you will provide all that we need although it may not be all that we want. In Jesus’ name, amen.

by Scott Byrd

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