Questions For Reflection

1. What historical event of the past should the Shabbat be a reminder of to every human being?

2. What other particular event has been given to Israel as a reason for observing the Shabbat?

3. Was the Shabbat also designed for the non-Jews?

4. Did the Shabbat commandment precede the gift of the Torah on Sinai?

5. What is the place of the Shabbat in the Decalogue?
6. Why did Jesus like to perform his miracles on Shabbat?

7. Did Jesus intend to abrogate the Shabbat?

8. Did the early Christians keep the Shabbat?

9. Why did Christians choose later to replace the Shabbat with Sunday?

10. How did this charge affect relations between Israel and the Church?
11. Is the commandment of the Shabbat still relevant today?

12. What other divine institution has been associated with the Shabbat in the Bible? Why?

13. How should we experience the Shabbat?

14. Who is responsible to “make” the Sabbath “holy”?

15. Why is the Shabbat a sign of hope?

Have you, or are you now experiencing the delight of the Shabbat? If not, would you like to?
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