



REMEMBER

INTRODUCTION and PREPARATION

Before we immerse ourselves in this study, let us first prepare our hearts, minds, and reflect on our previous experience of living **R = 6 + 1**.

Take 2-3 minutes to simply sit quietly, slow your breathing, allow yourself to connect presently with God and yourself. Consider transitioning from this time of quiet by saying a simple prayer like, "Lord, thank you for this gift of time to remember you, seek you, and to grow more fully toward you as I learn to live in your desired rhythms."

RECAP –Take a few minutes to review your previous +1 Day and [+1 Day Planner](#).

Describe your experience of your last +1 Day.

What worked well?

What about it was life-giving for you (and your family, if applicable)?

Where did you experience dissonance, challenge, or frustration?

What adjustments will you make to live more fully into your next +1 Day.

STUDY FOCUS FOR THIS WEEK: REMEMBER

What do you need to Remember each day or week? Are you a list-maker, do you use an app on your phone or the good old string around your finger? Often, if we don't write something down, we tend to forget it—the call we need to make today, purchase a birthday gift tomorrow, send a friend a note next week, or book a flight two months from now. What are the things you never want to forget—special memories, an important date, a feeling that takes you to a precise moment in time.

Remember is a popular theme in the Scriptures. Again and again, we're invited to remember. It is just that, an invitation, not a command or a directive, but an invitation to bring something back into our awareness. Consider each of these definitions of the word **Remember**.

re-mem-ber

verb

- have in or be able to bring to one's mind an awareness of (someone or something that one has seen, known, or experienced in the past).

To Recall, Recollect, Reminisce look at all these great 'R' words!

- do something that one has undertaken to do or that is necessary or advisable.
 - used to emphasize the importance of what is asserted.
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Solving for 'R'. The equation is one week's living broken into two parts—6 days and 1 day. Six days to live one way and one day to live another way. Six days we work, whether it is our job, caring for our home and family, doing chores, running errands, volunteering, . One day we rest which the Scriptures call sabbath. To practice sabbath is simply to cease or stop one day a week with a few key ingredients permeating each +1 Day. In this session on our journey to adopt **R = 6 + 1** way of life, we focus on **Remember**.

The Ten Commandments are found in two places in the Old Testament. The first account is in Exodus when God gives the commandments to Moses on Mt. Sinai. Here is the Fourth Commandment:

EXODUS 20:8-11 (NRSV)

Remember the Sabbath day, and keep it holy. For six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or, the alien resident in your towns. For in six days the Lord made the heavens and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

The second place the Ten Commandments are found is in Deuteronomy. By now, the people of God are far along on their long trek to the Promised Land. As their journey continues, Moses reminds them of the commandments God gave them. Here is the Fourth Commandment as it is found in Deuteronomy:

DEUTERONOMY 5:12-15 (NRSV)

Observe the sabbath day and keep it holy, as the Lord your God commanded you. For six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. **Remember** that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm; therefore the Lord your God commanded you to keep the sabbath day.

In both listings of the Ten Commandments, the word **remember** is used once—interestingly, in each list, **remember** is used in the Fourth Commandment. However, notice how the word is used differently in the passages.

In Exodus, God's people are commanded to "remember the sabbath day"—they were not to forget to rest one day in seven. Their lives were to be lived in a rhythm, **R = 6 + 1**. And that's what they did. The **+1** day became so much a part of their way of life that many centuries later the events of Holy Week were shaped by that rhythm—the disciples couldn't take care of Jesus' body the day after he died because it was the sabbath day.

By contrast, in Deuteronomy's listing of the Ten Commandments, God's people are commanded to **remember** that they were slaves in Egypt and how God delivered them from that horrible way of life. There was no such thing as a **+1** day in Egypt—a day to cease once a week from the routines of the other six days was not part of their existence back then. But now it could be. And on the sabbath day, they were not to forget how life once was and how God was faithful to deliver them.

Remember was a key piece of keeping sabbath in Old Testament times.

How is **Remember** a key piece of a **+1** day in our time?

First, like God's people of old, we are to **remember** the sabbath day, to not forget to rest one day in seven. If we're new to the practice of a **+1** day, we may need to put it on a weekly to-do list so we don't forget! So many of us lead lives of such fast pace that slowing down one day in seven will require some intentionality. A **+1** day doesn't happen by accident.

Second, on the sabbath, we **remember** who we are.

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Taking our cues from Moses, we see that one of the main functions of

SABBATH-KEEPING

is to give us a regular, built-in opportunity for **REMEMBERING**

who we are and to whom we belong. No matter how enslaved we've been

during the week, on the sabbath we **REMEMBER** our true identity as free people.

Ruth Haley Barton
Embracing Rhythms of Work and Rest

On the sabbath, our **+1** day, we **remember** that above all the stresses and strains and struggles of life, we belong to a God who loves us, a God who is ever faithful. We can never **remember** this truth enough. When we practice **R = 6 + 1**, we will **remember** this truth at least once a week.

I invite you to continue a theme that has always been part of life for God's people.

Remember. Remember to keep sabbath and on that **+1** day remember that you belong to God. Don't forget the many ways he has been faithful to you. **Remember** is such a popular theme in the Scriptures because it is life-giving. And don't you forget it!

STUDY OBSERVATIONS & APPLICATION

In one sentence, what do you observe as the *Big Idea* of this week's study?

What was helpful for you in your reading and reflections from this session?

Take a moment now to remember this: *You are a child of God*. You belong to him. How does remembering this today give meaning to your current life circumstances?

Remember a time in your life when God was faithful to you. Perhaps the memory will be of something that occurred this past week, or perhaps a memory from years ago will surface. What effect does that memory of God's faithfulness have for you at this moment?

What are you called to do or how will you respond to this session?

PRESSING FORWARD

- Complete your next [+1 Day Planner](#).
- Complete the next session in the study guide and interact with the reflection questions.

