



WHATS FOR SUPPER



A STUDY OF THE HOLY DAY FEASTS



HOLIDAYS ARE HOLY DAYS / EXODUS 20:8-11

1. What is your favorite holiday? Why is it your favorite?
2. Do you have a holiday tradition that is especially meaningful?
Describe what it is and why it has meaning for you.
3. Most of our American holidays have roots in the Christian or Judeo-Christian tradition. Why is that?
4. How have holidays like Christmas, Easter, St. Valentine's Day and St. Patrick's Day become secularized in our modern culture?
5. Pastor Mark points out the importance of making holidays into holy days where we commemorate, celebrate and educate together, focusing in on God's mighty acts in history. Do you agree or disagree, why or why not?
6. The Hebrew Sabbath has always been an important part of the Jewish Faith. In what ways can modern Christians benefit from celebrating a weekly Sabbath?



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SELF-DISCIPLINE / PROVERBS 24:30-34

7. The Hebrew word for Sabbath (Shabbat) means to “stop” or “rest.” What are the Jewish people stopping themselves from doing on the Sabbath?

8. Pastor Mark says we don’t need to be legalistic about Sabbath but we do need to be intentional about it. What does that mean to you?

9. The Friday evening Sabbath meal prayer includes the tradition of the male head of house praying a blessing over children and spouse. Why is it important for children to hear their father bless them in prayer, and for a spouse to hear husband give thanks in prayer?

10. In modern American culture, we have diminished the value and practice of the Sabbath. Often violating the two commands to “Remember the Sabbath” and “Observe the Sabbath.” Do you see any connection between the de-valuation of Sabbath and the rise in stress, anxiety, interpersonal conflict, feelings of irritability and the decline of agreed-upon moral standards we are experiencing today?

11. Pastor Mark points out that prior to Covid-19, many modern day American Christians were already attending weekly worship services less regularly than previous generations. Why do you think participation in worship has become less valued by some people today?