SHABBAT

THE CHOSEN – SEASON 1 EPISODE 2 • **TIPS:** Start with initial thoughts about the episode. Feel free to spend more than one discussion on any episode as necessary. **NOTES:** Episode time markers and additional content are shown in **BLUE CAPS**.
Please be mindful that episode content is dramatized and at times not directly biblical.

SHABBAT WHOLE EPISODE

Read Genesis 2:1-3 and Exodus 20:8-11. At the pinnacle of God's creation, on the seventh day, He did not create a place or object, but rather time; a time to remember His creation, the purposefulness of the world, and the role of humans in it. Watch the ROUNDTABLE – PART 1 and discuss what Shabbat means to each main character in this episode. Describe their Shabbat celebrations.

- Nicodemus:
- Nicodemus' wife:
- Simon:
- Simon's wife:
- Matthew:
- Mary (ROUNDTABLE – PART 2):

What does Shabbat, or the Sabbath, mean to you?

- **Shabbat is a time to stop living to** produce, stop living to be successful, stop living to make money. Is there something you need to stop to celebrate the Sabbath more fully?
- **Shabbat is also a time to fill:** in the home, with family, restfulness, intentional conversation, and in God's house, with prayer, worship, the divine service, and fellowship with your community of faith. What would you like to add to your Sabbath celebration?
- **Shabbat is for "shalom"** - the Hebrew word meaning *to make good, to restore, to make whole*. It infers a sense of fullness and completeness in mind, body, and soul. What if one day a week, we could completely refill our life tank in our bodies, hearts and minds? How would you go about that? What would that mean for your week?

Saying "Shabbat Shalom" means - *"May you end the week with a rest that brings an inner peace that recenters you on the One who gives it, and may your next week begin with a sense of inner rest and completeness, where nothing is lacking."*

NOW I AM DIFFERENT 21:02–24:38

Discuss the meeting of Nicodemus and Mary.

- How has Mary changed from her encounter with Jesus? What does she say about herself?
- Does Nicodemus leave the conversation with more clarity or confusion? Why?

On the Sabbath, God calls us into His presence. Jesus doesn't instruct weary, burdened people to sleep more, caffeinate more, or take a vacation. Instead, He invites us to come to Him and when we do, He gives us rest. Psalm 46:10 says *"Be still and know that I am God."* How would meditating on God impact:

- Mary's healing?
- Nicodemus' priorities?
- Matthew's striving?
- Simon's impatience?
- How do you invite stillness into your life?

Read Isaiah 43:1-2. When, where, and how do you experience God's presence?

FREEDOM WHOLE EPISODE

Read Deuteronomy 5:12-15. Shabbat is also a time to remember God's redemption and deliverance, to celebrate the freedom we have in Him. Under Roman oppression, the Jewish people celebrated God's past deliverances and looked forward to a future one.

The beginning and end of the Ten Commandments also deal with our freedom. At the beginning God says - *I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage* (Exodus 20:2). In other words, "I have given you freedom." And the last two commandments deal with *coveting* - which is how we enslave ourselves. So the Ten Commandments are framed with the exhortation that God has taken you out of slavery - don't turn around and enslave yourself with the "stuff of the world" - live free!

There can be many situations or even things that enslave us. Technology is one example: while helpful in so many ways, suddenly we might begin to feel like we can't live without it and so, we become enslaved. **What is something you feel you can't live without? How could you free yourself?**