



STUDY GUIDE

REMEMBER THE SABBATH

KEY TERMS: Sabbath slave dignity
rest faith

NOTE-TAKING COLUMN: Complete this section <u>during</u> the video. Include definitions and key terms.	CUE COLUMN: Complete this section <u>after</u> the video.
<p data-bbox="107 552 776 619">What will happen once you understand the Fourth Commandment?</p> <p data-bbox="107 1045 824 1077">What did the Sabbath commandment do for animals?</p> <p data-bbox="107 1541 867 1572">What are you affirming each time you keep the Sabbath?</p>	<p data-bbox="954 552 1455 619">What is important about the Sabbath commandment?</p> <p data-bbox="954 1236 1455 1304">How does the Fourth Commandment help living beings?</p>

DISCUSSION & REVIEW QUESTIONS:

- Mr. Prager begins the video by stating, “Many people who revere the Ten Commandments don’t think that the Fourth is particularly important, let alone binding.” Why do you think that this is the case- that so many people dismiss it, consider it non-relevant, and ignore it? What does it mean for a commandment from God to be ‘binding?’
- Mr. Prager explains that the Fourth Commandment, “...elevated the human being... by insisting that people cease working one day out of seven.” In what way did this elevate humanity? Why do you think that God wished for living beings to take a day off- what is so important about doing that?
- Mr. Prager points out that, “Now, all five of these life-changing and society-changing benefits of the Sabbath are available to anyone. You don’t have to be a Jew, a Christian, or even a believer in God to derive all these benefits.” How exactly is the Fourth Commandment ‘life-changing’ and ‘society-changing?’ Why is it the case that anyone, believer or not, can benefit from the Fourth Commandment?
- Mr. Prager later shares with us that, “Just as faith in God brings people to the Sabbath, observing the Sabbath brings people to faith in God.” What exactly does this mean? How does observing the Sabbath bring people to faith in God? How can observing the Sabbath strengthen people’s relationships, both with God and with each other?
- At the end of the video, Mr. Prager states, “No wonder that those who have it [the Sabbath] in their lives are often happier, with richer family lives, more serenity, a community of friends, and, yes, are even healthier.” What do you think it is about balancing work with some time off that helps living beings lead better lives? Do you think that the Fourth Commandment is still relevant? Why or why not?

EXTEND THE LEARNING:

CASE STUDY: Workaholics

INSTRUCTIONS: Read the article “Workaholics May Face Poor Physical And Mental Well-Being, Study Suggests,” then answer the questions that follow.

- What is a workaholic? What is their attitude towards their own well-being? What does Becker’s Theory suggest?
- Why do you think that some people choose to work so much, even when they know it’s not good for them? How important do you think the relationship between work and health is? Explain. In addition to keeping the Sabbath, what strategies can workaholics employ to better balance their lives?
- Do you think that people of faith can reconcile being a workaholic with the Fourth Commandment? If no, why not? If so, how? Do you think that workaholics disrespect God, their families, their communities, etc...? Why or why not?



QUIZ

REMEMBER THE SABBATH

1. People who choose to work seven days a week _____.
 - a. are often geniuses
 - b. are millionaires
 - c. are essentially slaves
 - d. have the best health

2. The Sabbath creates and strengthens _____ and _____.
 - a. family ties; friendships
 - b. gluttony; laziness
 - c. friendships; knowledge
 - d. adversarial relationships; animosity

3. To the best of our knowledge, the Fourth Commandment is the first national law on behalf of _____.
 - a. Philistines
 - b. women
 - c. children
 - d. animals

4. Every time you keep the Sabbath, you are _____.
 - a. having a nice dinner
 - b. affirming that there is a Creator
 - c. being unproductive
 - d. gaining wisdom

5. Keeping the Sabbath commandment is not all that important compared to the other nine.
 - a. True
 - b. False



QUIZ - ANSWER KEY

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http://www.huffingtonpost.com/2013/09/06/workaholics-well-being-physical-mental-health_n_3795626.html

Workaholics May Face Poor Physical And Mental Well-Being, Study Suggests

09/06/2013 08:33 am ET | **Updated** Apr 01, 2015



Getty

If you're addicted to checking your email and regularly work through evenings, weekends and vacations, you might be a workaholic -- and your health may be suffering because of it. [Recent research](#) has found a link between workaholism and reduced physical and mental well-being.

The Kansas State University study, which will be published in the journal Financial Planning Review, found that well-being is generally not a priority for workaholics.

"We found workaholics -- defined by those working more than 50 hours per week -- were more likely to have reduced physical well-being, measured by skipped meals," [doctoral researcher, Sarah Asebedo, said in a statement](#). "Also, we found that workaholism was associated with reduced mental well-being as measured by a self-reported depression score."

To figure out why some choose to work overtime even when they know it's not good for health, the researchers turned to a mathematical analysis called Becker's Theory of the Allocation of Time, which helps to measure the cost of time. The theory highlights the paradox that working overtime leads to more income, but less time to spend this income.

it also suggests that as income increases, workers are more likely to develop unhealthy habits around working excessively.

"[Becker's Theory] looks at the cost of time as if it were a market good," Asebedo said in the statement. "This theory suggests that the more money you make, the more likely you are to work more. If you are not engaged in work-related activities, then there is a cost to the alternative way in which time is spent. Even if you understand the negative consequences to workaholism, you may still be likely to continue working because the cost of not doing so becomes greater."

The findings are based on data from the 1979 cohort of the National Longitudinal Survey of Youth that included 12,686 young men and women. All the study participants were interviewed each year until 1994, and are still interviewed biennially.

Of course, it's no secret that overworking can have a negative effect on your health and happiness. A number of studies have shown the [detrimental toll](#) that work stress in particular can take on your health, including depression and an increased risk of heart attack and diabetes. And workaholism in particular [has been associated](#) with poor sleep quality, weight gain, high blood pressure, depression and anxiety, not to mention unhappy marriages and [higher divorce rates](#).

And with the possibility to work from anywhere, at anytime, it's easier than ever to become a workaholic in the first place. More than eight in 10 Americans are stressed about their jobs -- citing an unreasonable workload as their number-one stressor -- and [61 percent of employed vacationers](#) will work through their vacation this year (up from 52 percent last year).

But turning on that out-of-office autoreply and taking some time to rest and recharge can actually have a positive effect on not just your well-being, but also your [productivity](#). Even a short nap can [boost cognitive functioning](#), improving creative thinking, learning and memory.

"Renewal is not for slackers," Tony Schwartz, CEO of The Energy Project, [told the Huffington Post](#). "Renewal is a way in which to increase your capacity to be more effective."