

Two Commandments We Break Without Realizing It

Decoding the Torah: Season 2

Core Message: This teaching emphasizes the deeper spiritual significance of not taking the Lord's name in vain and honoring the Sabbath. Rabbi Schneider explains that honoring God's name involves more than avoiding profanity—it requires treating His name as sacred in every aspect of life. The principle of the Sabbath, rooted in creation itself, is a divine gift meant to refresh and realign us with God's design. By dedicating a day to rest and focus on the Lord, believers can experience spiritual rejuvenation, deepen their walk with God, and live in alignment with His holy rhythm.

Main Bible Verses (NASB):

- **Core Memory Verse: (Exodus 20:7) "You shall not take the name of the LORD your God in vain, for the LORD will not leave him unpunished who takes His name in vain."**
- (Matthew 5:34-37) "But I say to you, make no oath at all, either by heaven, for it is the throne of God, or by the earth, for it is the footstool of His feet... But let your statement be, 'Yes, yes' or 'No, no'; anything beyond these is of evil."
- (Exodus 20:8-11) "Remember the Sabbath day, to keep it holy... the LORD blessed the Sabbath day and made it holy."
- (Romans 6:23) "For the wages of sin is death, but the gracious gift of God is eternal life in Christ Jesus our Lord."
- (Mark 2:27) "Jesus said to them, 'The Sabbath was made for man, and not man for the Sabbath.'"

Key Points (Fill-in-the-Blank):

- "Taking God's name in vain in essence means to not treat it as _____ and holy."
- "In Judaism, God's name isn't even _____ because it's considered so holy."
- "Yeshua said: 'Make no _____ at all, either by heaven... or by the earth...'"

- "The Sabbath (Shabbat) is not about the Mosaic law, it _____ the Ten Commandments."
- "The Sabbath isn't about being a human doer, it's about being a human _____."
- "The Sabbath was made for _____, and not man for the Sabbath."
- "The Shabbat (Sabbath) is a time, beloved, where the Lord re-_____ Himself to us."

Notes:

(Use lines below for personal notes)

Reflection Questions:

1. In what ways might you be taking God's name in vain without realizing it?

2. How can you begin to honor the Sabbath as a day set apart for the Lord?

3. What changes could you make in your weekly schedule to prepare for a true day of rest?

4. How might you expect your life to improve by taking a weekly, Sabbath rest?

Application Challenge of the Week:

Take one full day this week to rest from work and focus on the Lord. Plan ahead by finishing chores early and spend the day in worship, rest, and reflection.

(Or come up with your own as the Lord leads):

Prayer Prompts:

- Thank God for the gift of rest and His design for your well-being.
- Ask the Holy Spirit to help you treat God's name with reverence.
- Invite the Lord to refresh you as you honor Him through the Sabbath.

Resources	Where to find it
Decoding the Torah: Ancient Wisdom for a Modern World by Rabbi K.A. Schneider	https://discoveringthejewishjesus.com/decoding-the-torah/

“The Lord bless you, and keep you; the Lord cause His face to shine on you, and be gracious to you. The Lord lift up His face to you, and give you peace.” Numbers 6:22-27 (NASB 95’)