

THE SHEMA: LISTEN AND REMEMBER

Deuteronomy 6

Awareness

Before listening, reflect:

- What are the benefits of having special sayings or mantras that you regularly repeat to yourself? What are the drawbacks?
- If there's a past experience or event you don't want to forget, what do you do to actively remember it? How do you share it with friends or family?

When Moses prepares to say farewell to Israel before his death, he intentionally spends time reviewing God's law with the new generation. After reiterating the Ten Commandments, he gives Israel a command now called The Shema. Both the Ten Commandments and The Shema are gifts to us, helping us see and understand God's intentions for creation. Studying them, listening to them, and intentionally remembering them can strengthen our love for God. At the same time, the simple act of listening and remembering God's law has the ability to make us powerful witnesses for God to our family, friends, and other individuals God places in our paths.

Reflection

After listening, consider:

- How does following God's law lead to flourishing?
- Are you currently observing sabbath rest in your life? What might you do differently so that you can live into the life God intends for you?
- What does daily remembrance of God's grace and salvation look like in your life?
- As host Dave Bast closed the program, he spoke about intentionally remembering God "when you are out, when you are in, when you are with your children, when you are alone, when it is just you as an empty nester, and your spouse – remember God; remember to thank Him; remember to glorify Him; remember to obey Him; and in that way, you will indeed, enjoy Him forever." If you were to intentionally remember God like this daily, what effect do you think such a practice would have on your attitude, your faith, or your behavior?

Related Passages

- **Exodus 20**
- **Matthew 22:34-40**
- **James 2:14-26**

Conclusion

When Moses gave the Shema to the Israelites, he gave it to a community not to an individual. Find at least one other person with whom you can intentionally take turns listening to each other remember God's law, God's grace, and God's salvation. Commit to meeting or talking regularly for a set period of time and at the end of that time share your observations with each other as to what effect listening and remember had on you, on your relationship with God, and on your relationship with others.

<https://groundworkonline.com/episodes/the-shema-listen-and-remember>

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