

# The Shema: Listen and Remember

The Shema is a familiar, easily recognized Jewish prayer. It's probably as recognizable as "Now I lay me down to sleep" or the Lord's Prayer is to a Christian. Yet Christians should recognize the Shema too; we know it from Jesus Christ who quoted it to the religious teachers of his day when they asked him to name the greatest commandment. Join Groundwork as we dig into Deuteronomy 6 to discover what The Shema meant to Israel way back when, what it continues to mean for all of us yet today, and how it can strengthen our love for God.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- 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?



**LISTEN TO THE EPISODE:** [The Shema: Listen and Remember](#)

**READ** [Deuteronomy 6](#)

**REFLECTION** After listening, consider the following questions:

- 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** for further study

[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>

*Printed on June 24, 2026*