**Nehemiah 13: 15 - 31**

1.  Look back at Exodus 20: 8 - 11 to understand the original context of the Sabbath command.  See also Ex. 23: 12, 35: 1 - 3.  From these verses, what were the original reasons for keeping the Sabbath?  How did keeping the Sabbath distinguish Israel from the other nations?

2.  Look at Romans 14: 4 -5 and Colossians 2: 16-17.  Do we still keep the Sabbath for today?  Why or why not?

3.  Looking at Mark 6: 11, 1 Corinthians 6: 19 - 20, 1 Timothy 4:8, and 5: 23, what principles can we draw upon to encourage taking care of our bodies through adequate rest?

4. What are some ways to rest well and remember your covenant with the Lord?

5.  Look back at Deuteronomy 7: 1 - 11 to understand the original context of the prohibition against intermarrying.  What were the main reasons for not marrying foreign women?  If you are single, how can you make sure to marry a Christian (1 Corinthians 7: 39)?  How can you help your children or friends to marry in the Lord?

6.  What are some final lessons you will take away from the book of Nehemiah?