

Religious Studies Topic of the Month

November 2024

Why is the seventh day of creation important?

Topic of the month aims to stimulate discussion at Key Stages 4 and 5 and bring religion to life. This can be achieved by considering religion's relevance in our vast modern world. We have selected a current news article, which you may wish to read and integrate into your teaching practice, using the discussion prompts provided.



Disclaimer:

This topic relates to an article, written for Theos* and is entitled "In Sync With The Sun".

Introduction

This article & short film refers to the impact of artificial light and technology on our natural rhythms, emphasizing the need to balance productivity with rest.

[\(Click here to access the article\)](#)

Discussion prompts

- What does the article say about the need for rest?
- In what ways does the article highlight the impact of technology on our natural sleep patterns, and how might different religions respond to this issue?
- How might the concept of a 'day of rest' in various religions align with the article's discussion on the need for rest and natural rhythms?
- What are the potential health consequences of pursuing limitless productivity, according to the article, and how might religious teachings address these concerns?
- How does the article describe the balance between work, rest, and play, and what parallels can be drawn with certain religious practices and rituals?

Links to topics featured in our specifications:

- **GCSE:**
 - Creation
 - The conflicts of Jesus in Mark's Gospel
- **A-Level:**
 - Why did Jesus have to die?
 - God reveals himself to his people in the Torah and in the Talmud
 - Practices that shape and express religious identity