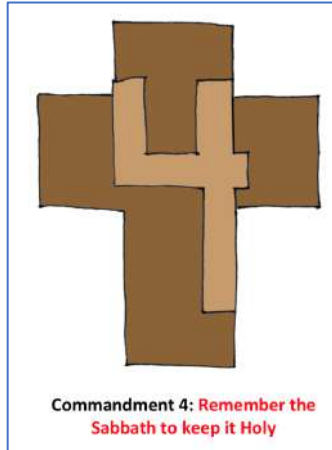


Lesson 4

Remember the Sabbath to Keep it Holy

Print out your worksheet and add to the Number 4 by making it into a cross. Copy down the fourth commandment onto the blank.



Bible Lesson

We have been going through the 10 commandments. The first four commandments have to do with our relationship with God. The last six commandments have to do with our relationship with other people. We will begin talking about our relationship with other people next week.

Last time, we learned about using God's name correctly. This week, we are going to learn about how God wants us to set apart one day each week, one day that is different from all the other days, where we focus on Him by worshipping and resting in Him.

Let's read [Exodus 20:8-11](#).

⁸ "Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

God knew that we needed a day each week to be refreshed by Him. Our weeks get very busy and we get tired from all the activity. We often get so busy that we forget about God! That is why God wants us to set aside a specific day each week for rest and worship. This day should look different than the other days of the week. For us, Sunday is the usual day most Christians have their Sabbath Day. This is symbolic because Jesus rose from the dead on the third day, which was Sunday. Sunday is also a day when we do not have work or school and we gather together with other believers to worship God and be re-fueled by Him.

Let's look at a few other verses in the Bible that tell us about why the Sabbath is important.

Psalm 62:1

Truly my soul finds rest in God; my salvation comes from him.

Exodus 31:14

“Observe the Sabbath, because it is holy to you. Anyone who desecrates it is to be put to death; those who do any work on that day must be cut off from their people.

Hebrews 10:24-25

²⁴ And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

God gave us a specific command to **Keep the Sabbath Day Holy**. What does Holy mean? Holy means to be set apart from the rest. This is a day that is NOT to be like other days. We should not spend this day working like we do Monday through Friday. This is a day dedicated to remember God. God loves us and knows that we can get tired. He issued this commandment to protect us so that we can restore our mind, body, and spirit, by refocusing on Him and worshipping Him. Remember, we were created to worship God and be in relationship with Him. When we don't do this, we get tired and unhappy, and will feel like a fish out of water.

We can only find true rest when it is in God. Keeping the Sabbath Day holy is something that we have to do. It is a requirement. It is a promise we give to God that we are dedicating a day just for Him. We also need to meet together with our church family to encourage others and be encouraged by them. We need God and we need each other. Therefore, if we have a choice to skip church to go see a movie, or skip church to go compete in a swim meet, or skip church to do something that is for ourselves to make ourselves happy ... then we must resist that temptation and choose God instead. Remember the Psalm that we just read? “My soul finds rest in God alone.”

However, sometimes our schedules are out of our control. Sometimes our parents have plans where we need to miss church for whatever reason and we cannot help it. If you really have to miss church, you yourself can still have a special worship time with God on your own by reading your Bible or devotional, listening to or singing Christian songs, and praying to God before you do anything else that day. However, as much as possible, we need to go to church. The Bible tells us that we must not “give up meeting together.”

Let's take a look at this Object Lesson about the importance of having a Sabbath Day.

Note to Parents

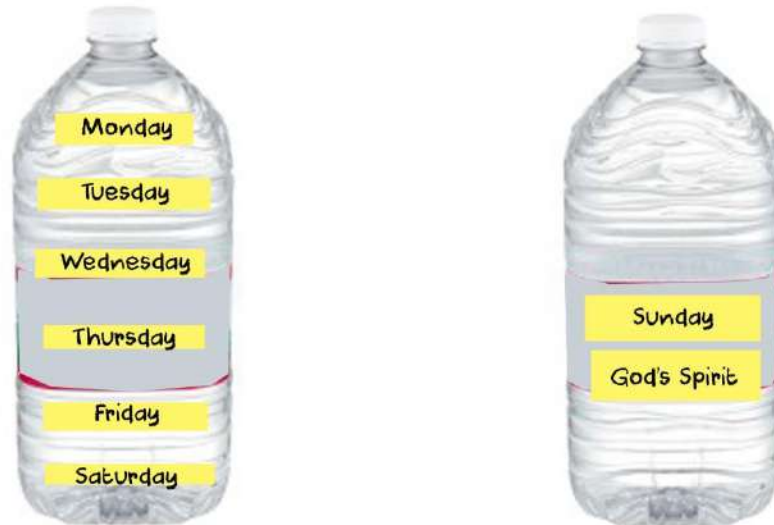
Here is an object lesson that you can do to help your child(ren) understand today's lesson.

Object Lesson - Going On Empty

Items Needed:

- 2 one-gallon transparent jugs of water (full)
- Empty bucket
- Thin Masking tape
- Permanent marker
- Funnel

Prepare two jugs filled completely with water. With masking tape and permanent marker, label one jug with the days of the week (Monday thru Saturday). On the other jug, mark the jug: "Sunday: God's Spirit"



As you read through the following story, empty some of the water from the first jug (with the Mon -Sat labels) into the empty bucket. By the end of the story, your jug will be empty.

Read Outloud:

Here is an example of why we need to keep the Sabbath Day Holy.

Monday:

On Monday, you have to go to school. In the morning, you overslept a little and had to rush to pack your things together and get to school on time. In your hurry, you forgot to pack your reading homework! When you arrive at school, your teacher asks for it and your homework is nowhere to be found. You explain to your teacher that you did it, but must have forgotten it. She gives you a disapproving look and puts your name on the board to lose recess time. *(Empty the water up until the "Tuesday" line.)*

Tuesday:

On Tuesday, you have piano lessons after school. You only practiced a little bit, but not every day like your teacher asked. You're nervous, waiting for your lesson to begin. When you start playing, your fingers don't do what they are supposed to, and you keep messing up. Your teacher stops you and asks why you didn't practice. She then makes you practice the same part of the music 10 times over and over again, in her presence, until you play it without any mistakes. *(Empty the water up until the "Wednesday" line.)*

Wednesday:

On Wednesday, when you're at school, a group of your friends gather together without you and begin talking and laughing. You wonder what they are doing, so you go up to them and ask. As you come close, they ignore you and continue laughing and talking, not including you in their conversation. Upset, you leave and go sit alone. (*Empty the water up until the "Thursday" line.*)

Thursday:

On Thursday, you have soccer practice. The coach is really proud of your teammate and uses this person as an example. This person can do the drills perfectly. This person can run fast, dribble the ball without problems, knows a dozen trick shots, and can score a goal with his eyes closed. You know that you are nowhere as good as this person in soccer. You feel discouraged. (*Empty the water up until the "Friday" line.*)

Friday:

Every Friday, you have a math test. It's time for the test and you get stuck! You don't remember how to solve the problem. You try different things, but no matter what you do, you cannot come up with the right answer. Meanwhile, time is running out fast and you need to turn in your test soon. You know you did not do well on the test. (*Empty the water up until the "Saturday" line.*)

Saturday:

It's Saturday and finally you have a day off! You were looking forward to playing a video game all week. However, before you could get to it, your older brother starts playing. In frustration, you tell him to let you play. He refuses. You start arguing with him. It then turns into screaming, then pushing, kicking and hitting. Your mother steps in, takes away both of your video game privileges and sends both of you to your rooms. (*Empty the water jug completely.*)

By the time Sunday comes around, you're feeling pretty empty. As you can see, we can easily get drained just by going through our daily activities during the week. Often, by the time the week is over, the last thing many of us want to do is drag ourselves out of bed and go to church Sunday morning. But it is important that we do! God says that we will only find rest in Him alone. Only He can fill us completely. When we worship God together with other Christians, we will be recharged. Jesus says, "Whoever believes in Me, just as the Scripture has said: 'Streams of living water'" will flow from within him." – John 7:38. We will be refreshed and we will have the grace to face whatever challenges come our way the next week.

Did you know that you do not need to wait until Sunday to be recharged? Every day, when you do your devotions, you are plugging into God. You are being recharged. You can constantly be filled up, and never feel like you're "on empty." Time with God is precious. But even when we do our devotions every day, God still requires that we set aside one day just for Him, our Sabbath Day.

**** End of Object Lesson****

Indoor Activity

The Sabbath Day “Can-Do’s” Craft

In the Jewish laws, the Israelites had a long list of things that they could not do on the Sabbath Day. We are going to do a craft that will remind us of the many things we CAN DO to remember God and worship Him.

Ask your parent for a can or cup.

1. *Color the label from below and copy down the list of “Ingredients” (i.e., Fruit of the Spirit) on the “Nutrition Facts” section.*

Ingredients

Love

Joy

Peace

Patience

Kindness

Goodness

Faithfulness

Gentleness

Self Control

2. *Tape or glue the label to the can/cup.*
3. *Cut out the tokens which list the many activities you can do on your Sabbath Day. There are four blank tokens that you can fill out on your own.*
4. *When complete, you can pick one or two of the activities each Sunday to help you remember the Sabbath Day and keep it holy!*

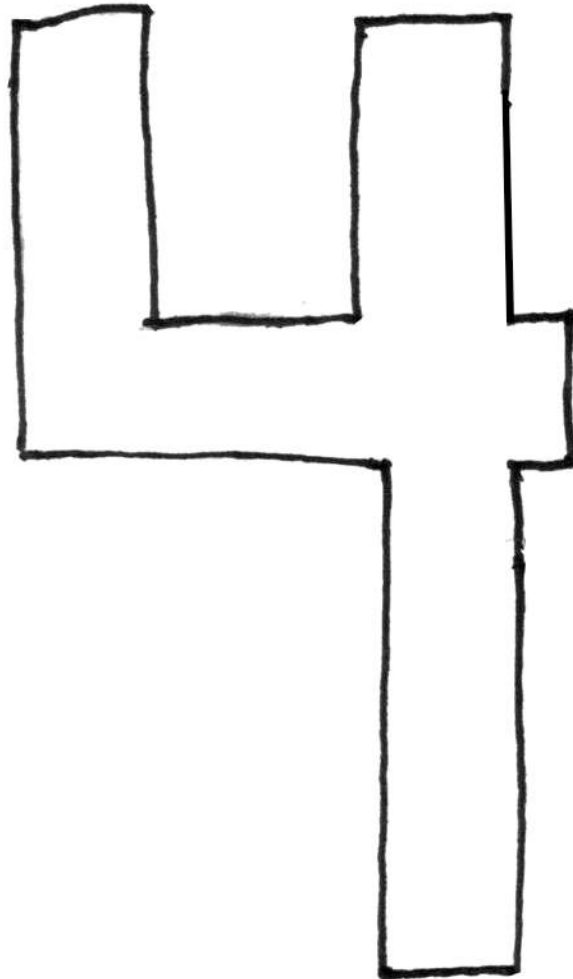
***See last two page for label and tokens. ***

Conclusion

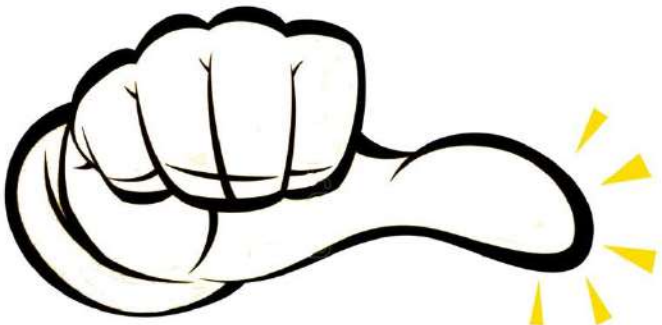
When God created the world, He rested on the 7th day. Did He rest because He was tired? No. God did not work on the 7th day because He spent that day enjoying His Creation. God wants us to rest on the Sabbath because He wants us to spend that day enjoying Him, the Creator. God wanted His people to follow His pattern. He wants us to be just like Him. In fact, He says, *“Be Holy, because I am Holy.”* – *Leviticus 11:44.*

In ancient times, keeping the Sabbath was a defining mark of a Jewish person. Everyone else in the world did not follow these same rules. When the Jewish people did not work on the Sabbath Day, but instead, spent that time worshipping and praying, everyone knew they were different. They were God’s people. Keeping the Sabbath Day holy became an identifying mark of the Jewish people. The Sabbath day was God’s special day observed by God’s special people, and keeping it set apart showed the world that they belonged to God. Similarly, as Christians, we must also keep the Sabbath Day by worshipping God and remembering Him.

By following God's commandments, we will have a fruitful and joyful life. We will be better equipped to withstand the challenges of life because we will be filled with God's Spirit. Sometimes we need reminders to keep the Sabbath Day holy. We may need to remind our parents. Or sometimes we may need to call or text our friends who missed church and encourage them to come back. We want to live with God's blessing – and He can only bless us if we are obedient to Him.



Commandment 4: _____



SABBATH DAY CAN DO'S

Directions: Choose an activity from the can and complete on your own or with family members. Repeat each week on Sunday for maximum spiritual growth.

Ingredients

Blank area for listing ingredients.

Listen to
Christian
music on the
radio

Read my
devotional
book

Memorize a
Bible verse

Write a thank
you note to
your parent
or teacher

Draw a
picture of
something
you're
thankful for

Call/Skype a
far away family
member to
encourage him
or her

Visit or write
a letter to
someone
who lives
alone

Help your
Mom and
Dad with a
chore

Tell someone
that God
loves them

Watch a
Christian
movie or
video clip

Sing a
Christian
song

Write out a
Bible verse
and post it up
on a wall