

LESSON 4



THE HOLY SABBATH

BEFORE YOU TEACH

Sabbath

The word "Sabbath" comes from the Hebrew word meaning "to cease." During creation, however, the Bible did not use the word "Sabbath" (Gen 2:3). God clearly equates "Sabbath" with "seventh" when He substitutes one for the other in Exodus 20:11.

The first record of Sabbath observance as required by God was when the Israelites were traveling from Egypt to Sinai (Ex 16). They were not permitted to gather manna on the seventh day. The importance of keeping the Sabbath commandment can be seen in this instance of when God severely punished a Sabbath breaker. In Numbers 15:32-36, God sentenced a man who had been gathering sticks on the Sabbath day to death by stoning. God punished him because he intentionally broke the commandment and did not regard the day as holy.

By New Testament times, there was a change in the understanding of the purpose of Sabbath. There were detailed regulations and the Jewish leaders made the observance more rigorous than God had intended. In the first major written work of Rabbinic Judaism called the Mishnah, an entire chapter is dedicated to thirty-nine categories of activities prohibited on the "Shabbat" (Sabbath). This showed the importance the Jews placed on the laws concerning the Sabbath.

Jesus had to point out the errors of their burdensome laws: it was not wrong to eat on the Sabbath, even if food must be plucked from the ears of corn, nor was it a sin to do good, for the Lord of the Sabbath is merciful and understanding (Lk 6:1-10; Mk 2:23-28; 3:1-6).

Today, the majority of churches no longer observe the Sabbath day (i.e., Saturday) but a day termed by Christians as "the Lord's day." In AD 321, Emperor Constantine issued a decree for Sunday worship, which was affirmed by the council of Laodicea.

The true church maintains the holy Sabbath day as an article of faith because it is a direct commandment from God, and God established and consecrated the seventh day of rest from the time of creation. For children to appreciate the importance of true Sabbath day worship, we need to instill the importance of observing the Sabbath with a genuine heart of worship for the purpose of salvation, which is under grace.

BIBLE TEXT

Exodus 20:8-11; 31:12-18

BIBLE TRUTH

Sabbath is a holy day of rest set aside by God.

LESSON OBJECTIVES

1. To understand the importance of keeping the Sabbath as a commandment of God.
2. To relate Sabbath to worshipping God at church.
3. To realize that God considers whether our heart "keeps the Sabbath" as most important.

MEMORY VERSE

"And He said to them, 'The Sabbath was made for man, and not man for the Sabbath.'"

(Mark 2:27)

PRAYER

In the name of the Lord Jesus, we pray. Lord Jesus, we want to thank You for all Your love. You set aside the Sabbath, a special day at the end of every week, so that we can forget about everything else and just focus on worshipping You. Today, we come together to learn about how You want us to keep the Sabbath in our hearts and to honor the Sabbath with our actions. Hallelujah! Amen.

UNDERSTANDING YOUR STUDENTS

When you ask your students why it is important to come to church on Saturday, they will no doubt tell you that it is because it's the Sabbath. Although they know that God created the Sabbath as a day of rest, what does it really mean to your students? Do they come to church out of habit, to play with their friends, or to rest and worship God?

Children often build their faith on those older than them, such as their parents, grandparents, or older siblings. They commonly associate going to church with the most interesting activity of the day, such as attending RE class, joining children's choir, or playing with their church friends.

It is important for students at this age to develop a heart of worship on the Sabbath. Observing Sabbath does

not only involve showing up at church and obediently sitting in class and worship services. Remind your students that God wants us to come to church to remember Him and everything He has done for us—He created us and saved us. When they come to church on the Sabbath, they are coming to God's house, not to their school playground.

Help your students understand that Sabbath is a day for them to draw near to God. Even when they are far from church with no way to join Sabbath service or attend RE class, it is still possible for them to observe the Sabbath by reading the Bible, praying, and singing hymns. What is crucial is that they truly remember God and His love and devote their hearts to Him on every Sabbath.

VOCABULARY

- Sabbath:** the seventh day of the week; a day of rest set apart by God
synagogue: a Jewish temple; a place of worships for Jews
Pharisees: a strict, elite Jewish group well-versed with Jewish laws

REVIEW

Boys and girls, last week we learned the third of the Ten Commandments—whisper that commandment to the person sitting next to you. Now on the count of three I want everyone to say it together: "You shall not take the name of the Lord your God in vain." Very good, everyone!

Do you notice anything in common about the first three commandments? (God!) How do we worship God? (Come to church, attend RE class, etc.) That's right!

Now turn to a partner and, together, think of how someone might break the third commandment, and then think of a person in the Bible who praised God with what they said. [Give students time to discuss.]

Good job, everyone! As you can see from this little exercise, we need to be very careful about the words that come out of our mouth. Sometimes, the words we choose to say may hurt others. That is why it is important to think about what we want to say before we say it. Jesus wants us to follow His example and learn to be careful when we speak.

BIBLE STORY

The Fourth Commandment

Today we will learn about the fourth commandment, which is: "Remember the Sabbath, to keep it holy." God knew that we would be working hard at school for most of the week and that we would get tired. Our parents also get tired from working, too. So, God set apart a special day for us to rest and spend quiet time with Him. The very special word for this day is "Sabbath."

The Lord said, "Remember the Sabbath, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God." [Write or post the key words on the board: Sabbath, holy, work.] This is why people go to church on the Sabbath. They are

resting from their work, and they also want to remember God on this special day.

The Sabbath was something special God created for His people. Similarly today, God gives us the Sabbath day as a sign that He is our Lord, the one and only God. When we come to church on Saturdays for Sabbath, God will bless us and make us strong in our faith.

To Remember His Creation

God made this Sabbath day special for several reasons. It was so important that after spending six days to create the world, God rested on the seventh day. Children, do you think that God gets tired or needs to rest? (No!)

That's right, but God still rested because He wanted to make that day special for us.

God doesn't want us to forget that He made all things, including man, in six days. However, sometimes we get caught up in our lives and forget that it is God who gave us our friends and family and all the things we enjoy.

On the Sabbath day, we need to especially remember that God made and gave us everything. How can we thank God for this? (We can sing hymns, give thanks, and pray.)

To Remember His Salvation

Now, turn to your partner and share with them the greatest gift God has ever given you. [Let students share.] You are absolutely right if you said Jesus dying for us is the greatest gift God has given us.

When Jesus died for us, it meant that we now have the chance to go to heaven and be with God again. God doesn't want us to forget this because He is waiting in heaven for each and every one of us. So, every Sabbath is also telling us that we're coming closer and closer to seeing God again.

The next time we come to church for Sabbath, let us remember that Jesus died for us because of His deep love for us. We can show God how thankful we are by being attentive in RE class and services and by keeping the day holy (i.e., by not doing other things that will distract us when we are worshipping God).

Forgetting the True Meaning of Sabbath

Over the years, the Jewish people continued to make rules and laws about the Sabbath day because they wanted to make sure everyone kept the Sabbath perfectly and didn't break it.

They added rules about how far you could walk, what you could and couldn't do on the Sabbath, etc. However, these rules were set by man and not by God. Eventually, the Jewish people had made so many rules that they forgot the real reason why God gave man the Sabbath in the first place.

God wanted His people to rest and to remember that God had created them and saved them. Yet, the Sabbath became more about keeping rules!

Jesus Explains the True Meaning of Sabbath

A special group of Jews called the Pharisees kept every law and made sure everyone followed these laws. They did not like Jesus and were jealous of Him because He was well liked by the people and He would challenge them and their laws.

One day, when Jesus and His disciples were walking through a field of wheat, His disciples became hungry and began to pluck some of the grains of wheat to eat. The Pharisees that were there saw what Jesus' disciples did and wanted to get Him into trouble. They quickly pointed out that Jesus' disciples weren't doing what was right

according to the rules and laws.

Jesus saw this as a chance to teach the Pharisees and everyone else about the true meaning of Sabbath.

He said to them, "Have you never read what David did when he was in need and hungry, he and those with him?"

Jesus was telling the Pharisees that Sabbath wasn't just about following rules—it was about remembering God. If someone was hungry, they should eat rather than starve just for the sake of following their rules.

While Jesus may have challenged the Pharisees' errors, He still kept the Sabbath holy by entering the synagogue to worship and to teach people about God. He wanted people to remember God's love and power. He also wanted people to understand that their Sabbath laws had taken them further away from God's intentions for man on the Sabbath.

Jesus Shows the True Meaning of Sabbath

Another Sabbath day came along and there was a man with a crippled hand in the synagogue where Jesus was speaking. The man's hand was so badly injured that he couldn't use it anymore. When Jesus saw the man, He had compassion on him and wanted to help him.

Also present at the synagogue were some Pharisees. They considered healing others as working on the Sabbath, which would mean breaking the laws. They kept close watch to see if Jesus would heal the man so that they could accuse Him of breaking the fourth commandment.

Jesus knew what these Pharisees were thinking, so He turned around and said, "Is it lawful on the Sabbath to do good or to do evil, to save life or destroy?"

He said this to show the Pharisees that they did not truly understand what it meant to keep the Sabbath. It was a day of rest but it didn't say it was wrong to help people in need. Boys and girls, if one of your classmates fell down outside church and scraped his knee, would you ignore him and say that you couldn't help him because the Sabbath is a day of rest? It sounds funny, but that's what the Pharisees believed.

The Pharisees were so strict about resting that they didn't even allow people to be healed! God loves all of us, and He wants people to worship and remember Him. One way to do that is to help others in need.

After Jesus asked His question, none of the Pharisees said a word. When Jesus saw that not one of them spoke up, He was angry that the Pharisees could have so little love towards others. Last time, the Pharisees were angry because a hungry person plucked grain to eat on the Sabbath. Now they were angry because Jesus wanted to heal a sick person on the Sabbath.

After angrily looking around at the Pharisees, Jesus turned to the man with the crippled hand and said, "Stretch out your hand," and his hand was healed completely.

Follow Jesus' Example of Sabbath Worship

There is one thing Jesus said that each of us should always remember. He said, "The Sabbath was made for man, and not man for the Sabbath."

This means that God gave us the Sabbath to rest and to remember Him. He is our Creator and our Savior. We can do this by worshipping Him and by showing love to others as Jesus did.

Boys and girls, Sabbath isn't just about following rules in RE class and going to service in the chapel. God gave us

this day to remember everything that He has done for us. The Sabbath also exists to help us remember and hope for the most wonderful thing for which we are waiting: to go to heaven!

So each Sabbath, we need to come to church ready to worship God, ready to thank Him for everything, and ready to learn more about Him. We can also spend our Sabbaths helping others, praying for others, and becoming helpers for our Lord.

CHECK FOR UNDERSTANDING

1. **The Lord said, "Remember the _____ (Sabbath), to keep it _____ (holy).**
2. **On which day did God rest after He finished creating everything?** The seventh day.
3. **Which day of the week is the day that God rested?** Saturday.
4. **Why was God not happy with how the Jews were keeping the Sabbath?** They were more focused on following the rules than on remembering God.
5. **What does God want us to remember on the Sabbath?** He wants us to remember that He created all things, including us, and that He saved us.
6. **True or False: The Pharisees were right in refusing to help others on the Sabbath.** False; God didn't say it was wrong to help others on the Sabbath.
7. **When Jesus came into the world, He didn't keep the Sabbath because there were too many rules.** False; He still kept the Sabbath as God had intended it to be kept.
8. **Jesus' disciples plucked grains of wheat from the fields because they wanted to prove to the Pharisees that they could do whatever they wanted on the Sabbath.** False; they were hungry.
9. **What should we do on the Sabbath?** We should come to church, attend RE class, and learn more about God.
10. **God wants us to worship Him with all our heart on the Sabbath.** True.

MEMORY VERSE PRACTICE

Please reinforce the memory verse every week.
You can practice the memory verse with your students anytime during class.

"And He said to them, 'The Sabbath was made for man, and not man for the Sabbath.'" (Mark 2:27)

SPIRITUAL TEACHING & LIFE APPLICATION**1. The Significance of Sabbath**

Today, many people call themselves Christians, but not all of them observe the Sabbath. However, the Bible clearly tells us that God wants us to keep His commandments (Jn 14:15). James 2:10 says, "For whoever shall keep the whole law, and yet stumble in one point, he is guilty of all." Here, we can see that disobeying one commandment is just like disobeying them all. In other words, not keeping the Sabbath is just as bad as worshipping idols, murdering, and stealing in God's eyes. In 1 John 2:4, the Bible also tells us, "He who says, 'I know Him,' and does not keep His commandments, is a liar, and the truth is not in Him." We know from this verse that people who do not observe

the Sabbath do not completely understand the truth of God. Since it is one of the Ten Commandments, and as important as the other nine, we must not neglect keeping the Sabbath.

On the other hand, Sabbath is a covenant between God and men. How is it so? Firstly, let me explain to you what a "covenant" is. [Write the word "covenant" on the board, and have your students read it aloud a few times.] A "covenant" simply means an agreement. As a biblical term, it means an agreement between God and His people in which both parties make certain promises to each other.

In this case, God made a covenant with His people saying, “Hallow My Sabbaths, and they will be a sign between Me and you, that you may know that I am the LORD your God” (Ezek 20:20). To “hallow” means to keep holy. Here, God tells us to honor His Sabbath as a holy day, worshipping Him with our hearts. In doing so, God promises to make us His special chosen people. If we do not keep the Sabbath, thus disobeying His commandment, we do not know the truth of God and therefore are not considered His people. We are true followers of God only if we obey all of His commandments.

Mark 2:27 says, “The Sabbath was made for man, and not man for the Sabbath.” What does the verse mean by “the Sabbath was made for man”? Let’s consider this question. Did God create humans first, or did He initiate the Sabbath first? [Let students think, and then share their answers. You can also ask them to search for the answer from the Bible.] God created Adam, the first human on earth, on the sixth day. Then, on the seventh day, God “blessed [this] day and sanctified it, because in it He rested from all His

work which God had created and made” (Gen 2:3). From here, we can see that the Sabbath was made to be a blessing to us. After God created mankind, He wanted a special day for His people to rest from their labor to “recharge.” What does it mean to “recharge”? As Christians, our home is in heaven. But until we go home, we all have to work very hard in this world, and God surely knows that. So, God created this special day, the Sabbath, for us to renew our strength, reassuring us that God is our Savior and that He will one day receive us into His eternal kingdom, our heavenly home where toil is no more. The Sabbath is a day of rest, a blessing to mankind. Moreover, it is a day to remember how great our home in heaven is. This is why Jesus reasoned with the Jews whether or not healing should be allowed on the Sabbath, or if picking grain to eat is lawful to do on this holy day. Jesus explained clearly, as we learned in our lesson today, that Sabbath is a day to do good because in doing so, we have the hope of entering the kingdom of God! Sadly, the Jews didn’t understand this. They made the Sabbath a burden to themselves rather than a day of true worship.

2. Ways to Keep the Sabbath

Now that we know the importance of keeping the Sabbath, you may ask this question: in what ways should we keep and “hallow” the Sabbath? What exactly does the Bible tell us to do on this day? Surely, keeping the Sabbath doesn’t only mean going to church. Even if there isn’t a church in our region, we can still keep the Sabbath. So, what exactly does God require of us on the Sabbath? Let’s find out from the Bible!

a. Rest from worldly tasks

As we discussed earlier, Sabbath is a day for us to rest. More specifically, it is a day for us to rest from our worldly tasks, that is, our everyday responsibilities in this life. For you, your number one responsibility is to learn as a student. The older you get, the more responsibilities you will have. One of your parents’ many responsibilities is to make money in order to sustain your family. Indeed, there are many worldly tasks for which we need to work hard. However, the fourth commandment clearly tells us, “Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work” (Ex 20:9-10). So from Sunday to Friday, we can work as hard as we want. But, on the seventh day, no matter how busy our lives are, we are to rest from all our worldly tasks and focus on God. For as long as we live, every Saturday should be reserved for God.

b. Remember God’s creation

Exodus 20:11 says, “For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.” The Sabbath is a day for us to remember God’s creation. It was on this day that God

rested from creating the heavens and the earth. By reminding ourselves that God is our Creator, we are reassured that He has power over all things and that there is nothing He cannot help us overcome. He is able to work wonders in our lives. When we remember how God created this world with His power and might, we will have the strength again to welcome any challenges that may come our way, knowing that everything is in the hands of our almighty God. This is exactly why God made the Sabbath for us—to renew our strength through remembering Him!

c. Remember God’s salvation

“Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. [...] And remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there by a mighty hand and by an outstretched arm; therefore the LORD your God commanded you to keep the Sabbath day” (Dt 5:12, 15). The Israelites had previously been under the oppression of the Egyptians, unable to worship God. But now that God had brought them out of Egypt, they were able to worship Him freely, and He wanted them to use the Sabbath as a day to remember their salvation. If He had not brought them out of Egypt, they would never have been able to observe the Sabbath in the first place. Likewise, we should use the Sabbath as a day to reflect upon and remember God’s salvation for us. He sent His Son Jesus Christ to die on the cross for our sins so that we could have the hope of salvation and eternal life in the kingdom of God.

d. Honor the day and worship God with our hearts

Let's turn to Isaiah 58:13-14. [Ask a student to read the passage aloud.]

"If you turn away your foot from the Sabbath, from doing your pleasure on My holy day, and call the Sabbath a delight, the holy day of the Lord honorable, and shall honor Him, not doing your own ways, nor finding your own pleasure, nor speaking your own words, then you shall delight yourself in the LORD; and I will cause you to ride on the high hills of the earth, and feed you with the heritage of Jacob your father. The mouth of the LORD has spoken."

Not only did God bless us with a day of rest, He also made this wonderful promise to help us prosper, as long as we keep the Sabbath. But first, we need to understand the true meaning of keeping the Sabbath. Do you think you know it? Let me give you a simple test.

1. Where should we go on the Sabbath?
 - a. A place to worship God, e.g., the church of God
 - b. Home, because it is a day of "rest"
 - c. Wherever we want to go, because God has blessed this day
2. How does God want us to be on the Sabbath?
 - a. Unhappy, because we are forced to go to church
 - b. Happy, because God has made the Sabbath a blessing to us
3. Which of the following are ways to keep the Sabbath a holy day?
 - a. Show off our new toys at church
 - b. Worship God with all our heart
 - c. Listen to and learn the words of God
 - d. Relax or even take a nap during RE class
 - e. Clean up after RE class
 - f. Focus in prayer
 - g. Share testimonies about God
 - h. Chat with my friends, whom I have not seen all week, during a sermon

Did you get all the answers right? God's promise is reserved only for those who observe the Sabbath with the right heart. Let us reflect upon ourselves and strive to keep the Sabbath the right way!

e. Receive God's word

The Sabbath day is also a day for us to receive the words of God. In this life, we all face many difficult situations and decisions to make. If we don't have the wisdom of God, it is impossible for us to live a life pleasing to Him. God made the Sabbath day, not only for us to rest from our worldly tasks, but also to receive His words. Luke 4:16 records that Jesus Himself also observed the Sabbath in the synagogue,

learning the word of God and standing up to read. Do you remember what Jesus did as an occupation? [Let students answer.] Jesus was a carpenter before He started His ministry. Jesus did not come from a wealthy family. He had to work hard in order to make a living. But Jesus did not neglect the importance of Sabbath. He kept it a day for God so that He could receive God's word for His later ministry. Likewise, we should always be ready to receive God's word on the Sabbath. If we always go to church unprepared, we will miss out on many opportunities to receive God's word. Let me share a scenario with you:

This week, Carlos has been very busy studying for his final exam next week. On Saturday morning, Carlos' mom finds Carlos still studying when they are about to leave for church. She tells Carlos to get ready to leave, but Carlos replies, "Mom, I have a lot left to study for next week. Can I skip church today?" Denying his request, Carlos' mom insists that he attend Sabbath. Carlos unwillingly changes for church and leaves with his parents. During the morning sermon, Carlos sits by himself at the back of the chapel. From the front, it looks like Carlos is reading the Bible, but in reality, Carlos is reading his notebook and studying for his exam! As soon as the sermon ends, Carlos retreats into the RE classroom to study by himself. It isn't until RE class is about to start that he finally puts down his book.

Reflection Questions

1. **Do you think God was pleased to see Carlos studying so diligently for his exam?** While it wasn't wrong for Carlos to want to study for his exam, he shouldn't have been studying on the Sabbath. Sabbath is a day to rest from worldly tasks and to receive God's word. By choosing to study instead of listening to the sermon, Carlos failed to honor the Sabbath. To him, studying was more important than worshipping God on the Sabbath. Therefore, God was not pleased.
2. **In what ways did Carlos fail to honor the Sabbath?** Firstly, Carlos did not plan ahead to study at a different time, instead of on Saturday, because he didn't think it was important to reserve the Sabbath for God. Secondly, Carlos thought about skipping the Sabbath to study. It is a divine commandment to keep the Sabbath and by choosing to complete his worldly task instead of going to church, Carlos showed that God is not his priority. Lastly, he spent the entire morning service studying instead of listening to the sermon. The Sabbath is a day to receive God's word, and it didn't please God that Carlos was studying something other than His wisdom.

f. Perform good deeds

In our lesson today, we learned that the Jews misunderstood the law of God and made Sabbath a

burden to themselves. Do you remember what they thought about healing on the Sabbath? [Let students answer.] They thought that it wasn't lawful to heal on the Sabbath because it was considered a form of "labor." Now, do you remember what Jesus said to them? [Let students answer.] He said, "Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?" Students, Sabbath shouldn't be a burden for us. When we come to church, we should feel happy that God has given us a day of rest and blessings to worship and draw closer to Him. Having said that, everything is lawful to do on the Sabbath as long as it pleases God. And what pleases God the most? What is the greatest commandment? [Let students answer.] The greatest commandment is to love! So, on the Sabbath, God doesn't only want us to worship Him with all our heart, He also wants us to show our love to the people around us, performing good deeds and helping others. Let us learn from the example of Jesus and try to show more love on this beautiful Sabbath day!

Let me share this with you!

Annie is an accountant; her job is very difficult and requires a lot of focus. On top of this, Annie is also a mother. She has to take care of her 6-year-old son who is still very young and dependent. You can imagine how busy and restless things can get in her life. However, if you didn't already know about Annie and her background, you never would have thought that she lives such a busy life because she always looks happy. Many people have asked her, "How can you always stay so happy?" Annie always answers them, "Well, come to my church this Saturday and you will find out!"

In fact, Annie is the same as everyone else. She feels tired after working 5-6 days a week, and she can't wait for Friday to come because that's when she and her husband take their son to church! By going to church on Friday night and every Saturday, Annie "recharges" herself by receiving the word of God and praying for strength for the following week.

Annie claims that without the Sabbath, she would not be able to find peace in her restless life. Moreover, Annie always finds her heart filled with joy on the Sabbath through serving God and helping others. Every Saturday after church service, she helps clean up the church with other church members and prays with the church members for mutual encouragement and to comfort those who are in despair or in need.

She cares about other brothers and sisters so much that she always stays after church to talk to them until the last person is gone. Once in a while, Annie also likes to invite the church members to her house after church for a fellowship dinner. Even after a long week of work and a long day at church, Annie never feels tired on the Sabbath day.

Through serving the Lord and helping others, Annie finds joy in knowing that the joy of God dwells within her heart. And when God feels so near, even though she lives a very busy life, Annie doesn't have to worry about anything. In fact, the time Annie looks forward to every week is Friday evening and Saturday, the blessed Sabbath day!

HOMWORK ANSWER KEY

1. Remember the Sabbath, to keep it holy.
2. C
3. B
4. Sabbath, holy, synagogue, Sabbath
5. creation, saved
6. False; the Pharisees were upset.
7. True
8. David
9. They had so many laws about the Sabbath that they forgot what keeping the Sabbath was really about—to remember God and worship Him. They made Sabbath a burden.
10. Answers may vary. Example: We can keep the Sabbath holy by coming to church ready to worship God and to think about what He has done for us, giving thanks to Him for everything, and being excited to learn more about Him. We can also spend our Sabbaths helping others, praying for others, and becoming helpers for our Lord.

ACTIVITY

1

Ten Commandments Calendar

- Objectives:**
1. To remind and review the Ten Commandments with students.
 2. To visibly see that Sabbath days are set apart for God.
 3. To plan special activities with the students on Sabbaths to remember its significance.

Materials

- Colored pencils and/or crayons
- Glue
- 10 slips of paper with one commandment written on each
- Colored construction paper
- String
- Single hole punch
- Calendar printouts
 - a. 12 monthly printouts; one month per page in portrait orientation (the calendars should have space for writing and drawing)
 - b. Annual calendar printouts; one per student

Preparations

Label the monthly and annual calendars with the correct months and dates. There should be one copy for each of the twelve months, and as many copies as students for the annual calendar.

Instructions

1. Explain to the students the need to plan our Sabbaths to be at church and to worship God.
2. Give each student an annual calendar; they will be taking these calendars home after class. Then, distribute the monthly calendars equally among the students. Each student should have at least one monthly calendar, but if there are more students than months, then ask students to pair up.
3. On both their annual and monthly calendars, ask the students to circle each Saturday in a bright color. Now we are done with the annual calendars, so the students can put those away.
4. Give the students one commandment each. Ask them to write the commandment out on their monthly calendar and draw an illustration to match. Since there are more months than commandments, the teacher can choose what to write on the two months that are left over. (Suggestion: Write "God created us" on January and "Jesus died for us to save us" on February or December to remind the students of the two things they should always remember when coming to church on the Sabbath.)
5. After the students are done with their monthly calendars, glue the printouts onto colored construction paper to make a class calendar. Try to use twelve different colors if possible. Hole-punch two holes across the top and string together the calendar. (Alternatively, if there is space in the classroom to display the months separately, do not hole punch or string the calendar together.)
6. Explain how important it is for brothers and sisters to be together on Sabbath. Ask students to partner up and discuss what they enjoy doing on Sabbath. The class can arrange to do one of these activities at the end of class every other week. (Suggestions may include singing a particular hymn, enjoying a special snack together, making get-well cards for anyone who is sick or not feeling well, etc.) Make note of these activities on the class calendar. Then, put the calendar in a visible place in the classroom or stick each month around the classroom to display each of the ten commandments.

2

Hearts of Worship

Objective: To allow students to understand that there may be times when Sabbath will be observed at a place other than church. The most important thing is to have a true heart of worship in those situations.

Instructions: Read the story to the class. Then hold a class discussion.

It was cold and crisp outside, but the sun was shining and the sky was blue. The Lee family set out early on their trip to their relatives' because it would be a long drive. Elizabeth and Darryl were going to see their aunt, uncle, and cousins whom they hadn't seen in two years. They were all going to go to church together for the Sabbath. There was a special reason why they were making this long three-hour drive. Their aunt just had a baby girl and they were going to see her for the first time. It was very exciting for Elizabeth and Darryl. To help pass the time, the Lees had brought along their Bibles to read in the car.

Before they left in the morning, the Lees had knelt down to pray to God, asking Him to guide them and to keep them safe during the long trip. It was in the middle of winter but luckily, the weather had been nice and clear. However, as they drove now, Darryl noticed that the sky was getting darker and darker with each passing minute. After a while, it began to rain. Darryl's dad turned on the headlights and drove slower as the rain grew heavier. The weather quickly worsened.

As the rain was falling, Elizabeth was taking a nap with her head on a pillow that was propped up against the window. She was dreaming about getting a present for her birthday when suddenly, someone tugged at her arm. She rubbed her eyes and heard her brother shouting at her.

"Look," said Darryl, "it's snowing for the first time this year!"

Elizabeth looked out the window and saw that it was snowing hard. Her dad was driving at a snail's pace. She could hardly see the road. The snow began coming down harder and the wind began to pick up. The snowflakes had now turned into a huge snowstorm. After a few minutes, their dad pulled the car over to the side of the road. He couldn't see the road anymore. He turned the radio on and heard that the snowstorm would last for at least an hour. The Lees decided that it would be better to wait until the weather was better before driving again.

Their dad said to everyone, "Well, it looks like we are going to be here for a while. I don't think we'll be able to make it to Aunt Jane's in time for service."

Their mom had some better news. "Let's get out the blankets from the trunk and warm up. I also have some hot soup in the thermos."

Everyone huddled in the blankets and drank hot soup. After they had finished drinking, their mom suggested singing a hymn. Also, because everyone had their Bibles, they also decided to read a passage on King David. After finishing the passage, they prayed to God to thank Him for protecting them.

Praying, Darryl said, "Thank You for keeping us safe in the snowstorm. Even though we cannot make it to church, we are still remembering Your words and keeping the Sabbath. Thank You, Lord."

After this prayer, Elizabeth and Darryl both felt tired. They soon fell asleep. When they woke up, they noticed that they were moving again. The weather had gotten better, and they could see the roads much clearer than before. The Lees thanked God for protecting them and allowing them to observe the Sabbath, even through a snowstorm.

3

Remember the Commandments / Optional

Objective: To use classroom decorations to remind the students of the commandments they have learned.

Instructions

Since this quarter's lessons focus on the Ten Commandments, it would be nice to decorate the classroom with each commandment. These decorations will also serve to remind the students how to obey God.

Have the students write out the commandment that they learned in this lesson on a piece of construction paper and decorate it to make it meaningful. After the students are done, the teacher can put the commandment on a classroom wall for all the students to see.

This lesson's commandment is: "**4. Remember the Sabbath, to keep it holy.**"

E1 Year 3 Book 1 Lesson 4—The Holy Sabbath

Homework Assignment

Name: _____ Parent signature: _____ Date: _____

Bible Truth: Sabbath is a holy day of rest set aside by God.

- Lesson Objectives:**
1. To understand the importance of keeping the Sabbath as a commandment of God.
 2. To relate Sabbath to worshipping God at church.
 3. To realize that God considers whether our heart “keeps the Sabbath” as most important.

Bible Reading: Please put a check mark in the space when you complete the reading each day.

Prayer: Please put a check mark in the space provided on the days you prayed to God.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bible Reading							
Prayer							

Memory Verse

Please write down this week's memory verse.

(Mark 2:27)

What I Learned from the Bible This Week

1. _____
2. _____
3. _____

Homework Assignment

Understanding What You Have Learned

Unscramble the Commandment

1. the holy to Sabbath Remember keep it
-

Multiple Choice

2. ____: When the Pharisees saw Jesus' disciples plucking grain, they were _____.
 - a. Happy because the disciples were doing a good thing
 - b. Furious because the disciples were not cleaning up after themselves
 - c. Angry because the disciples were breaking Sabbath laws
 - d. Confused because they didn't know what the disciples were doing
3. ____: What did Jesus and His disciples do on the Sabbath?
 - a. Walked around town and caused trouble with the Pharisees
 - b. Plucked grain from a wheat field and healed a man with a crippled hand
 - c. Agreed with the Pharisees that it is better to starve on the Sabbath to keep it holy
 - d. Taught all the followers that they don't have to worship in synagogues anymore

Fill In the Blank

4. Jesus kept the S_____ h_____ by going to the s_____ every S_____ to teach.
5. On the Sabbath day, God wants us to remember His c_____ and how He s_____ us.

True or False

6. The Pharisees were thankful that the man with the crippled hand was healed on the Sabbath. _____
7. Jesus was angry with the Pharisees because they wouldn't answer when He asked them if it was lawful to do good on the Sabbath. _____

Short Answer

8. Which Old Testament character did Jesus use to show that it was okay to eat on the Sabbath when you are hungry?
-

9. Why was God not pleased with how the Jews observed the Sabbath?
-
-
-

10. How can we keep the Sabbath holy with the right heart?
-
-
-
-