

# LESSON 10

## SABBATH DAY: A HOLY DAY OF REST

### Worksheets

- Bible Discovery Worksheet: The Holy Sabbath
- Life Application Worksheet: Honoring the Sabbath
- Homework

### The Purpose of Sabbath

# THE Holy SABBATH

1. To give us spiritual and physical \_\_\_\_\_.  
(Deu 5:14)
2. To remember God's \_\_\_\_\_ and His \_\_\_\_\_.  
(Ex 20:11; Deu 5:15)
3. The Sabbath prefigures the eternal rest we will receive  
in \_\_\_\_\_. (Heb 4:9-11)

## 3 things TO DO ON THE SABBATH!

### HONOR

I will rest because that is what God has commanded me to do. Through obeying the words of God, I am honoring the Sabbath.

### DEDICATE

I will dedicate my heart and my mind on the Sabbath to worshipping God.

### SERVE

I will use the Sabbath to show love to others through my actions and through my servitude to them.

Read the scenarios below, and then discuss the questions that follow.

# HONORING THE SABBATH



## Scenario 1

Jane just received her first smartphone for her birthday, and she loves it! Now that she has a smartphone, she will be able to play games and text her friends all the time. Jane was so excited about her new smartphone that she brought it with her to church that Saturday. She was so excited to show it to her church classmates. When service began that Sabbath, Jane was taking sermon notes. However, halfway through, her mind started to wander. She thought, "I wonder if my friends texted me; let me check!" Jane slowly took the phone out of her bag and began to check her messages, but she didn't stop there. She then checked her email and even went on social media websites after that.

### Discussion Questions

1. Was Jane honoring the Sabbath? Why or why not?
2. What should Jane have done?
3. If you were sitting next to Jane, as her friend, what would you say to her?



## Scenario 2

John hated cleaning the bathroom, especially the toilet. He felt that the bathrooms were just so dirty and gross! Also, it always took so long to clean. It was just his luck that after RE class ended, the teacher had assigned him to help clean the bathroom. Seeing that no one was looking, John went into the bathroom hurriedly, put some cleaning liquid in the toilet, and wiped the mirror. He went back to the classroom and said he was done. When the teacher went to check the restroom, John quickly ran away to go play.

### Discussion Questions

1. Was John honoring the Sabbath? Why or why not?
2. How could John better serve on the Sabbath?
3. What would you say to John to encourage him to do a better job of cleaning?



## Scenario 3

Abigail was a straight-A student. She loved studying, and she loved it when she did well on her tests. However, Abigail was a big worrier. One Sabbath, she was so worried about the tests that she would have on Monday that she told her parents she didn't want to go to church. Rather, she wanted to stay home to study.

### Discussion Questions

1. Was Abigail dedicating her Sabbath to God? Why or why not?
2. What do you think Abigail should have done?
3. What would you say to Abigail to encourage her to observe the Sabbath instead of study?



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# Homework Assignment

Name: \_\_\_\_\_ Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Weekly Bible Reading:** \_\_\_\_\_

**Bible Reading:** Check each box when you complete that day's reading.

**Prayer:** Check each box after you pray to God that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read							
Pray							

## What I Learned from the Bible This Week

1. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
2. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Memory Verse

Please write down this week's memory verse. (Mark 2:27)

\_\_\_\_\_

### True or False

1. God established the Sabbath during creation. \_\_\_\_\_
2. Jesus Christ did not keep the Sabbath. \_\_\_\_\_
3. Since the Sabbath is a day of rest, we can stay home to play. \_\_\_\_\_
4. God sanctified and blessed the seventh day. \_\_\_\_\_

### Multiple Choice

5. \_\_\_\_\_ : What is a purpose of the Sabbath?
  - a. For us to play and have fun
  - b. For us to remember God's creation and His salvation
  - c. For us to talk to our church friends
  - d. For us to rest and stay at home
6. \_\_\_\_\_ : What are we not supposed to do on the Sabbath?
  - a. Pray and study the word of God
  - b. Do our homework during morning service
  - c. Greet brothers and sisters at church
  - d. Sing hymns to praise God

### Short Answer

7. What are three things you can do on the Sabbath to please God?