

LESSON 10

SABBATH DAY: HOLY DAY OF REST

OBJECTIVES

1. To know the origin of Sabbath in the Bible.
2. To recognize the purpose and significance of Sabbath.
3. To understand what it means to keep the Sabbath under grace.

MEMORY VERSE

“And He said to them, ‘The Sabbath was made for man, and not man for the Sabbath.’”

(Mark 2:27)

PRAYER

We give thanks to You, Lord, for allowing us to worship together on this Sabbath Day. You have given us this day as a day of rest from our busy lives to reflect on the blessings that You have given us this past week. Today, please help us to concentrate in class so that we can remember the teachings about the Holy Sabbath. May all the glory and praise be unto Your holy name.



Overview

1. Bible Discovery & Spiritual Teaching

- a. Sabbath in the Bible
- b. Why Do We Need the Sabbath?
- c. What Should We Do on the Sabbath?

2. Linking to the Ten Basic Beliefs—Sabbath Day

3. Life Application—Honoring the Sabbath

4. Activity—“Sabbath” Acrostic Poem



Background Knowledge for Teachers

As first recorded in the Book of Genesis, it is clear that the seventh day of the week is the Sabbath Day. This weekly cycle began when God created the earth. God set apart the last day of every week as the Sabbath. Later on, the Israelites were commanded to keep the Sabbath as part of the Ten Commandments. Today, the Jewish people still continue to keep the Sabbath on Saturday.

The change from Saturday to Sunday came about gradually over time after the passing of the apostles. By 321 AD, Roman emperor Constantine decreed that Sunday was to be a day of worship and outlawed work on Sunday. Today, the majority of Christians worship on Sunday. By studying the Bible, we can see that God never commanded Sunday worship! Since God did not change the Sabbath Day from Saturday to Sunday, we should still keep the Sabbath on Saturday.



Reaching Out to Your Students

Students by this age have a good idea that Sabbath is on Saturday and that Saturday is the day that they go to church. Some students may see observing Sabbath as merely a routine or habit in their week. Therefore, it is important to make students aware that the Sabbath is a blessing from the Lord and a day to remember what God has given to us. It is a joyful and happy day when we can worship the Lord together!

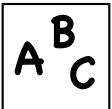


Opener

5 Minutes

Imagine a world without weekends. In this world, we have to go to school and to work every day! What do you think would that be like? [Wait for students to respond.]

As humans, we need rest because if we don't rest, over time, we will burn out from all our stress and long hours at school or work. Today, we are going to learn about the precious Sabbath Day that God established for us to rest!



Vocabulary

sanctify: to be set apart and made holy

prefiguration: something that shows what will happen in the future

holy convocation: a group of people gathered together for the purpose of worshipping God

mana: literally means, "What is that?" in Hebrew; the food supplied by God to the Israelites in the wilderness



Bible Discovery & Spiritual Teaching

30-35 Minutes

Sabbath in the Bible

Creation

From the time when God created the world, He had already set the example for us in that, after six days of creation, He rested on the seventh day. God actually does not need to rest. However, out of love for His creation, He instituted this weekly cycle. Through this act, God established the Sabbath, blessed it, and sanctified it (Gen 2:1-3). Through this act, the seventh day became the Lord's Day and by observing it, we are able to receive blessings from the Lord.

Manna

During the time that Moses and the Israelites were in the wilderness, God commanded His people to observe the Sabbath through the gathering of manna. Manna would appear for six days, but on the seventh day, there would be no manna in the field (Ex 16:23, 26-27). God instructed the Israelites to gather the manna for six days only and to rest on the seventh. This was to train His people to learn how to keep the Sabbath. God also included keeping the

Sabbath in the Ten Commandments (Ex 20:8-11).

"Remember the Sabbath, to keep it holy" is the fourth commandment!

The Bible records that Jesus Christ (Lk 4:16) and Paul (Ac 17:1-2) both observed the Sabbath. Each of them went into the temples to keep the Sabbath and to rest from their work. This is the example that both of them had set for us, even to this day.

Why Do We Need the Sabbath?

1. *God wants to give us physical (Deu 5:14) and spiritual rest.*

This is the main purpose for the Sabbath. God understood that, as humans, we would become tired from our labor. Therefore, He gave us the opportunity to rest from our labor. The Sabbath is not only a day of physical rest, but also a day of spiritual rest. God has given us the Sabbath as a day to rest from our busy lives and to spend time with our fellow brothers and sisters to worship Him.

2. *We have to remember God's creation (Ex 20:11) and His salvation (Deu 5:15).*

The Sabbath is a day to remember God's mighty works during creation. He made everything that we see, and most importantly, He made us. Thus, we should remember our Creator and how He created us in His likeness. The Sabbath Day is also a day to remember God's salvation. God has delivered us from Satan, and we have the promise of being able to enter into the heavenly kingdom. It is important that we remember this grace that God has given to us. The Sabbath Day is a way for us to remember that we are special in the eyes of the Lord. As His chosen people, we have been given this holy day so that we are able to reflect upon the things He has given to us.

3. *The Sabbath prefigures the eternal rest we will receive in heaven (Heb 4:9-11).*

Just as we rest on the Sabbath after working, one day, the believers of God will be able to find rest in heaven after working and toiling their whole lives. In the heavenly kingdom, we will be able to enjoy true rest forever with Jesus Christ. The Sabbath Day is a reminder to us about the hope that we have in this eternal home with Him. Through keeping the Sabbath, we are following God's commandment, but we are also reminding ourselves to keep our sights on our future heavenly home.

What Should We Do on the Sabbath?

We do not have to keep the Sabbath as the Jewish people do. They keep the Sabbath under the law. We keep the Sabbath under grace. This means that we are not just observing the Sabbath by following a set of rules that tell us what we can and cannot do on the Sabbath. Rather, we observe the Sabbath by spending some quality time with our dear heavenly Father. Therefore, when we come to church on the Sabbath, we should think about how great and loving our God is that He has chosen us to be able to find rest on His holy day.

God intended for the Sabbath to be a happy and joyful day for believers!

- o We should rest from our work (Ex 20:8-10), because it is a day for us to put aside our secular work and worship God.
- o We should keep it holy by doing what honors the Lord (Is 56:2). This means that we should act and speak in a holy manner.
- o We should gather together to worship the Lord through praying and listening to the word of God (Ac 13:44; 16:13). In Leviticus 23:3, it mentions that

Sabbath is "a holy convocation," which means that it is day for members to gather together. On the Sabbath, not only can we gather together, we can spend the time together praying and learning the words of God!

- o We should serve one another and the Lord (Mt 12:12). The Sabbath is a day for us to serve our fellow brothers and sisters with love and kindness. Jesus Christ and His disciples would often use the Sabbath Day as a day to heal people or to preach the gospel. Today, the Sabbath is a day where we can gather together to serve the Lord!

FOR TEACHERS

Hand out the Bible Discovery worksheet to the students. Instruct students to fill out the first part independently.

What does it mean to honor the Sabbath? [Ask students what it looks like.]

- Have students write down or draw things that they do on the Sabbath that honor Him.
- o Examples: Read the Bible before going to church instead of playing video games; listening to hymns instead of listening to secular music; praying instead of watching TV

What does it mean to dedicate the Sabbath to God? [Ask students what it looks like.]

- To dedicate the Sabbath to God means to focus our minds on the things of God. Have students write down or draw things they do on the Sabbath that show that their heart is dedicated to God on the Sabbath.
- o Examples: Be focused during RE class and sermons; do not think about playing basketball after service

What does it mean to serve on the Sabbath? [Ask students what it looks like.]

- Have students draw or write down the people that they can serve. Then, have them write or draw how they can serve these people.
- o Example: I can serve the younger students in my class by helping them flip to verses in the Bible.



Linking to the Ten Basic Beliefs

2-5 Minutes

The Sabbath Day

The Sabbath Day is a key belief in True Jesus Church. God has given us this day of rest, not as a burden but as a blessing. The Sabbath Day is a precious gift from God and we should treat it as such. When we observe the Sabbath day and call it a delight, we will delight ourselves in the Lord.



Check for Understanding

5 Minutes

1. **When did God first establish the Sabbath?** Since the time of creation.
2. **What are the purposes of the Sabbath?**
 - a. To give us physical and spiritual rest
 - b. To remember God's creation and His salvation
 - c. It is the prefiguration of our eternal rest in heaven
3. **What are some ways that we can observe the Sabbath under grace?**
 - a. We can rest from our work.
 - b. We can keep it holy by doing what honors the Lord.
 - c. We can gather together with others to worship the Lord through praying and listening to the word of God.
 - d. We can serve one another and the Lord.



Life Application

10 Minutes

HONORING THE SABBATH

[Hand out the Life Application worksheet to the students. Read each scenario. Afterwards, go over the discussion questions as a class. Make sure to have students reflect and think about what it means to honor, dedicate, and serve on the Sabbath.]



Activity

"Sabbath Day" Acrostic Poem

10-15 Minutes

Objective: To help students think of what they can do to observe the Sabbath.

Materials

- Lined paper
- Construction paper
- Markers, crayons
- Pencil

Instructions

1. On a sheet of lined paper, ask students to write the word "SABBATH" vertically on the left side. Then, for each letter, ask the students to come up with an activity that they can do on the Sabbath that begins with that letter.
2. Have students copy their completed acrostic poem onto construction paper.
3. Ask students to draw pictures of them doing some of the activities that they have written down.

Example Acrostic Poem

Sing Hymns

Ask questions about the word of God

Believe in the promise of God

Build up my brothers and sisters with words of love

Attend service and RE Class

Think about the love of God

Have a happy and joyful day

HOMEWORK ANSWER KEY

1. True
2. False
3. False
4. True
5. B
6. B
7. Answers may vary.

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?



E2 Year 3 Book 3 Lesson 10—Sabbath Day: Holy Day of Rest

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?