

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level K • Unit 3 • Week 4

GOD CREATED THE SABBATH DAY

OBJECTIVE:

To show through the Bible that God created the Sabbath day and made it holy.

ATTENTION GETTER:

Have a finished sample from the Lesson Application. Your sample should include pictures of family activities for the Sabbath and other pictures to depict activities we do on other days of the week. Take your strip and show a Sabbath activity. Talk about the fact that the Sabbath is a good time for families to get together to spend time, read the Bible, go for a walk, have a picnic, etc. Talk about going to visit the elderly or sick.

BIBLE LESSON:

Say: God created the Sabbath day by stopping His work and sanctifying it. That big word "sanctify" means to make it holy. God makes things holy by making them special and important. We don't do the same things on the Sabbath that we do on the other days of the week.

We go to church on the Sabbath, spend time with our families and our church family. We eat a meal together, play together in relaxing activities, and just enjoy each other as God intended. It's fine to go to a park or enjoy the beauty of nature that God created. God put many animals and living creatures on the earth. The Sabbath is a perfect day to look and talk about God's creation. You can even take a nap to allow your bodies to get the extra rest they need after a long, hard week. It's nice to be able to sleep longer in the morning, eat a nice breakfast, and just sit and talk. Remember to always spend time thanking God for the things you have. You even have more time to do this on the Sabbath.

Ask: What do you do with your family before or after church?

Response: Get comments from everyone.

Say: This is what our family does... [share some of your own Sabbath activities].

Say: Let's look at what God says in His Word, the Bible, about the seventh-day Sabbath. After God had made everything else, He created the Sabbath. Genesis 2:2-3 says that God "ended His work" and "rested on the seventh day." When we aren't working, we have more time to talk to God and think about Him.

Ask: Was God tired?

Response: No, God never gets tired. God set us an example to follow. Because God loves us so much, He gives us examples so we can follow what He does so we can be happy. God rested to show us that we should rest. Next, we will read about why we get together to worship or honor God. [Read Leviticus 23:3.] God tells us that the seventh day is not only a holy day of rest but also convocation. That's con-vo-ca-shun. Convocation is another big word that means meeting together. So God wants us to meet together to talk about Him, sing to Him, think about Him and let Him talk to us by hearing His ministers and reading words from the Bible.

God doesn't want us to be doing the work that we normally do on other days. Your mom and dad wouldn't do their normal jobs. Mom wouldn't cook her biggest meal on the Sabbath. She would prepare it before the sun set on Friday night when the Sabbath begins. [Read Exodus 16:4-5.]

Say: God wanted man to keep the seventh day Sabbath, from the time He created man. God loved Moses and the children of Israel, who we will hear about in another lesson. God wanted them to keep the Sabbath. They had to gather food for the Sabbath, but on the day before the Sabbath, Friday, they gathered twice as much. It was probably a pretty tiring job. On the Sabbath, there would be no food to gather. This is an example for us to prepare as much as we can ahead of time, so we can be free on the Sabbath for resting, thinking about God, being with our families, as we talked about before.

Ask: Is the Sabbath a fun day? [Go around the room with this question.]

Say: I love the Sabbath. [Explain why.] [Read Exodus 31:13, 17.] God tells us that if we keep His seventh-day Sabbath, we are special to Him. God tells us we will also be refreshed (have more energy and feel better for the next week). Just like you know your mom and dad love you and will always take care of you and be there when you need them, God tells us if we keep His ways, including the Sabbath, He will always be there to take care of us because we put Him first and are obedient. Always remember the seventh day and keep the Sabbath.

LESSON APPLICATION:

Supplies Needed:

Strip of construction paper or heavy paper (4 x 18 inches)

Magazine pictures of activities (some appropriate for Sabbath, some appropriate for weekdays)

Glue

In advance, use a black marker to draw lines on the strip to make seven boxes and write the days of the week in the boxes so that it looks like a week on a calendar:

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SABBATH

Ask the students to select pictures that would be good things to do on different days of the week. Make sure the Sabbath choices are appropriate. Discuss the pictures everyone has chosen.

MUSIC:

Use the music to "He Made the Whole World With His Hands."

MEMORY VERSE:

Exodus 20:8 "Remember the Sabbath day, to keep it holy."

family activity

THE POINT:

To show through the Bible that God created the Sabbath day and made it holy.

ASK ME...

Who made the Sabbath day?

Did God rest on the Sabbath day?

What is my favorite thing to do on the Sabbath?

FAMILY TOGETHER TIME:

Spend time as a family making a list of things to do on the Sabbath to make it special for the family.

Start a diary with your family listing all of the blessings God has given you during that week. You can review previous week's entries to gain a new appreciation of God's blessings.

MEMORY VERSE:

Exodus 20:8 "Remember the Sabbath day, to keep it holy."