



Teaching Children to Call the Sabbath a Delight

Isaiah 58:13–14 (NKJV)

13 *“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,*

14 *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.”*



What did you enjoy about being here at the campout on the Sabbath?

I love being outside

Get to be with my friends

Having fun

Enjoying being outside and hearing birds

Sharing food

The camp fire

Church outside is the best

Enjoying the pool

Being outside for church

Freedom to run

Be with my friends

“They are nice to me.”

“I feel happy here.”

“I like when we learn about God.”

“It’s fun and I can talk about growing plants and a man turning into animal.”

“I love singing with my friends.

” Seeing my dad tell others what he tells me ...

What makes the Sabbath a Delight?

Common Factor	Children's Comments	Spiritual Connection
<p style="text-align: center;">Friendship & Fellowship</p>	<p>“Be with my friends” “They are nice to me” “Singing with my friends”</p>	<p>Godly fellowship reflects Hebrews 10:24–25.</p>
<p style="text-align: center;">God's Creation</p>	<p>“I love being outside” “Hearing birds” “Freedom to run” “Enjoying the pool”</p>	<p>Celebrates God as Creator (Gen. 2:1–3; Psalm 19:1).</p>
<p style="text-align: center;">Joyful Setting</p>	<p>“Campfire” “Church outside the best” “Being outside for church”</p>	<p>God's creation enhances awe and joy in worship.</p>
<p style="text-align: center;">Positive Emotions</p>	<p>“I feel happy here” “It's fun”</p>	<p>Fulfills Isaiah 58:13—Sabbath should be a delight.</p>
<p style="text-align: center;">Sharing & Service</p>	<p>“Sharing food” “Seeing my dad tell others what he tells me”</p>	<p>Models' family teaching (Deut. 6:6–7) and Christian service.</p>
<p style="text-align: center;">Worship & Learning</p>	<p>“I like when we learn about God” “I love singing” “Man turning into animal”</p>	<p>Sabbath is for worship and spiritual growth (Lev. 23:3).</p>

Teaching Process

- **Engaged** The learner is invited to participate.
- **Educated** Clear instruction is given.
- **Empowered** Tools and skills are provided.
- **Evaluated** Learning and growth are assessed.
- **Encouraged** Ongoing support is offered.
- **Emphasis** Key truths are reinforced

Engage – Creating a positive, safe, nurturing, learning environment with positive peer pressure. Building relationships and trust.



Educate - (using God's Word) - "Truth Transforms—Only God's Word Shows the Way."

Building upon child's current understanding by gently guiding them toward the biblical foundation of Sabbath observance, reinforcing both its purpose and blessing as taught in Scripture.



2 Timothy 3:16–17 (NKJV)

"All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work."

Empower - providing tools, skills and opportunity to (set, establishing and performing Sabbath standards together.)

Timothy's faith was nurtured by his believing mother and grandmother (2 Timothy 1:5), showing how God uses family instruction to prepare and empower children spiritually.





Popsicle stick

Evaluate – assess what they know (**meeting them where they are**) assessing what the child knows about the Sabbath. Providing the opportunity to express what they have learned.

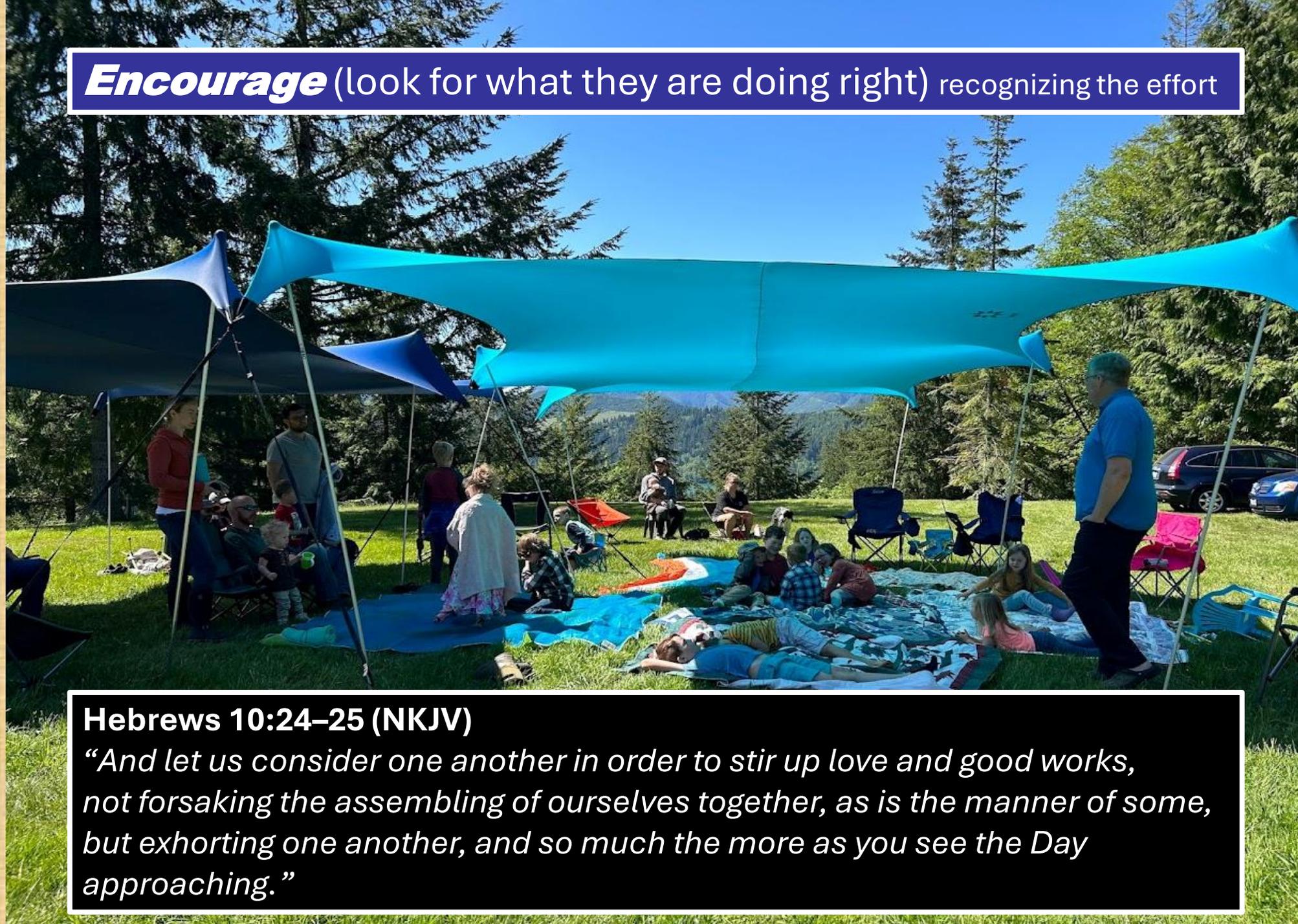
2025 Young Family Weekend Theme was “**How to Grow**”.

The **Sabbath** is a great time to use **Physical Lesson and Activities – to Teach Spiritual Principles.**

Quoting Christina Pate:

*“Using potting plants to make the comparison of strawberries, producing fruit, and humans needing to produce fruit to become like God, which is our purpose. Each child put popsicle sticks (in the potted strawberry plant) with instructions in the Bible regarding **HOW TO GROW** into beautiful people.”*

Encourage (look for what they are doing right) recognizing the effort



Hebrews 10:24–25 (NKJV)

“And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.”

**Abigail encouraging two important parts
of calling the Sabbath a delight.**

Prayer

**Servicing – doing
good on the
Sabbath**



Emphasis - (Emphasis is when you make something stand out so everyone knows it really matters.)
Hands/Head/Heart - Pass it on! Being a light!



Why does the Sabbath sometimes feel like a burden?

“For some, calling the Sabbath a delight is second nature. For others, it’s a real challenge.

1 John 5:3 - “For this is the love of God, that we keep His commandments. And His commandments are **not burdensome.**”

Sabbath Standards:

1. Preparation - Preparing Ahead of Time (Friday Preparation)
2. Reverence, Respect and Honor toward God
3. Respectful Behavior at Services
4. Engaging in God-Centered Activities
5. Everything done Decently, in Order, without Confusion, and in Peace

Reverence involves a **profound respect, awe, and honor** toward God, His presence, and the things He has made holy. It reflects both an **attitude of humility** and a **response of obedience** to God’s commands. **Reverence** is especially relevant to our conduct on the **Sabbath**, which is set apart as holy time by God (Exodus 20:8-11; Leviticus 19:30; Hebrews 12:28).

Reverencing the Sabbath involves **recognizing it as different**—set apart from the other six days—and **honoring God by how we keep it** (Isaiah 58:13–14).

7 Teaching Steps

Step 1: Explain — “Say it, so they see it.”

Paint a clear verbal picture (age-appropriate) of the *what, why & how*; meet the child where they are.

Step 2: Demonstrate — “What they see, they learn!”

Model what *delighting in the Sabbath* looks like—the power of example.

Step 3: Walk Through — “Do it with them!”

Providing a clear physical picture (modeling) of what calling the Sabbath a Delighting in looks like. The power of example. Prepare • Participate • Practice — Building Family Sabbath Standards; Walking Through – how to close the Gap between what we know and what we do.

Step 4: Perform — “Look for what they’re doing right.”

Let them lead and cheer them on. We learn **FORM** (by doing) → then **SUBSTANCE** (by application).

Step 5: Review — “Talk it out. Lock it in.”

Move recall from short-term → long-term → “muscle memory”: **Thought** → **Action** → **Habit** → **Character** (5-to-1 rule).

Step 6: Reward — “Celebrate effort, not just success!”

Help them recognize the blessings of calling the Sabbath a delight; keep the **Kingdom of God** as the point of reference.

Step 7: Progress — “Give more responsibility—grow leaders.”

Create spiritual momentum; *keep the big picture burning bright* — **2 Peter 3:18 (NKJV)**. ...growing in grace and knowledge of our Lord and Savior Jesus Christ.

Teaching Step #1: Explain - “Say it, so they can see it.”

Painting a clear verbal picture of the what, why and how.

Define Explain: To explain means to **make something clear** by describing it in **simple, understandable** terms, **often using examples or analogies** that the listener can relate to.

Teaching Process: Use “P” “P” + 6 E’s of Engage, Educate, Empower, Evaluate, Encourage and Emphasis

“P” = Prayer and “P”= Prepare

Example:

Engage (build relationship and share your story – in a safe, positive, nurturing learning environment)

- > **Be a Teacher not a Teller** - Starts with the providing a safe, positive nurturing learning environment and have the child share with you what they know about the Sabbath and why it blessing and delight.
- > **Open with Prayer**
 - **“Meeting the child where they are!”**
 - **Listening to what they believe and ask questions to establish what Truth they know and understand.** (Mirrow back what they are saying – So if I understand you believe...)- (reinforce what they said by what actions they have demonstrated in calling the Sabbath a delight).
 - **Build a Sabbath knowledge check list together.**

Handout #1: What I need to know about the Sabbath –

The building of a Sabbath knowledge checklist with our children –

Includes:

Section I: REQUIRED FOR OBEDIENCE – "*What God Commands, We Obey*"

Section II. NEED TO KNOW AS KNOWLEDGE – "*Why the Sabbath Matters*"

Section III. PROPER APPLICATION OF THE SABBATH "*How to Keep It (Sabbath) Holy*"

Section IV. BLESSINGS FOR OBSERVING THE SABBATH - "*When We Rest, God Works*"

Section I - REQUIRED FOR OBEDIENCE – "*What God Commands, We Obey*"

> These are **non-negotiable biblical commands** and core doctrinal truths necessary for keeping the Sabbath holy.

Section II. NEED TO KNOW AS KNOWLEDGE – "*Why the Sabbath Matters*"

Section III. PROPER APPLICATION OF THE SABBATH "*How to Keep It (Sabbath) Holy*"

Section IV. BLESSINGS FOR OBSERVING THE SABBATH - "*When We Rest, God Works*"

See Handout #1: What I need to know about the Sabbath *Required for Obedience*

Title: What God Commands, We Obey

Key Teachings):

- > **Sabbath is a Commandment** – Exodus 20:8-11
- > **Begins Sunset Friday to Sunset Saturday** – Leviticus 23:32
- > **No Work Commanded** – Exodus 31:15
- > **A Sign Between God and His People** – Exodus 31:13-17
- > **Holy Convocation Required** – Leviticus 23:3
- > **Jesus Kept the Sabbath** – Luke 4:16
- > **Breaking It Is Sin** – 1 John 3:4
- > **Sabbath Remains for God's People** – Hebrews 4:9

Scripture Focus:

“Remember the Sabbath day, to keep it holy.” – Exodus 20:8

Teaching Step #1: Explain – “Say it so they can see it”

Painting a clear verbal picture of the **What, Why and How**

Definition of "Explain"

To **explain** means to make something clear and easy to understand by using simple words. It often includes giving examples, comparisons, or illustrations that help others see what you mean.

What the Sabbath is:

It is **God's holy time** (Exodus 20:8–11).

It was made for man (Mark 2:27).

It is a **sign** between God and His people (Exodus 31:13).

It was created at **creation** (Genesis 2:2–3), not with Moses.

Why is the Sabbath delight?

It brings rest, peace, and time with God.

It helps us learn to trust that God will take care of us. (Exodus 16:22–30).

It's a **weekly rehearsal of the Kingdom** to come (Hebrews 4:9–10).

How do we make the Sabbath a Delight?

By Honoring God's Purpose for the Day

The Sabbath is God's **holy time** (Genesis 2:3; Leviticus 23:3).

We make the Sabbath a delight by **setting it apart** from the rest of the week and **recognizing God as Creator, Sustainer, Redeemer** – Deuteronomy 5:15 emphasizes **redemption from slavery** as a Sabbath theme, teaches that the Sabbath points to God's **ongoing plan of salvation through Jesus Christ**, our Redeemer.

Teaching Step #1: Explain - Application

1. God Made the Sabbath for Us to Enjoy

Application: Involve children in **preparing** a special Sabbath meal or treat on Friday night so they see the Sabbath as a joyful celebration. Explain that *calling the Sabbath a delight* (Isaiah 58:13) means looking forward to it as their favorite day of the week.

2. The Sabbath Is God's Command to Spend Time With Him

Application: Create a “**Sabbath Box**” filled with special books, games, or Bible activities only used on the Sabbath. Explain that we set aside normal activities to honor God's holy day (Isaiah 58:13; Exodus 20:8).

3. The Sabbath Reminds Us God Saves and Blesses

Application: Share the **story** of Israel's freedom from Egypt and link it to God's blessings when we keep His day (Deuteronomy 5:15; Isaiah 58:14). Have children **name blessings** they've received from God, showing how Sabbath connects to His care.

4. The Sabbath Points to the Joy of God's Kingdom

Application: Read Isaiah 11:6–9 and connect it with Isaiah 58:14's promise of joy and blessing for keeping the Sabbath. Have children **draw** what the Kingdom will look like and talk about how each Sabbath is a preview of that peaceful future.

► **Biblical Example Demonstrate: Jesus Washing the Disciples' Feet**

One of the clearest biblical examples of demonstration is found in **John 13**, where Jesus didn't just *talk* about humility—He **showed** it.

John 13:12–15 (NKJV):

“So when He had washed their feet, taken His garments, and sat down again, He said to them, ‘Do you know what I have done to you? You call Me Teacher and Lord, and you say well, for so I am.

If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet.

For I have given you an example, that you should do as I have done to you.’”

Jesus didn't assign this to someone else.

He **visually showed** His disciples **how to perform** this New Testament Passover practice.

This example was so clear, so humble, so memorable—they never forgot it.

The principle: **“Do as I have done to you.”**

This is **the heart of demonstration**—“**live what you teach.**”

Teaching Step #2: Demonstrate - “*What they see, they learn!*”

Providing a clear physical picture (modeling) of what Delighting in the Sabbath looks like.

The power of example.

Be what you teach. Show what you believe. Live what you say.

Children don't just learn from what we say—they absorb what we do.

➡ Teaching says: “Here’s what to do.”

➡ Demonstrating says: “Watch me do it.”

Children don't just learn from what we say—they absorb what we do.

➡ **Slow is Fast** in demonstrating. **Your actions speak louder than your words!**

➡ **Your actions are the lesson.** Show them how you **prepare** for, **keep**, and **delight** in the Sabbath.

Following Christ’s example means **keeping the Sabbath holy** in the way He did — with worship, mercy, and spiritual renewal.

1 Peter 2:21

*“For to this you were called, because Christ also suffered for us, **leaving us an example**, that you should follow His steps.”*

Christ’s **Sabbath observance** (Luke 4:16) is the pattern for us today. “So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read.”

Teaching Step #2 Demonstrate Application: Four Things Parents Can Demonstrate (Model) to Show the Sabbath is a Delight.

1. Joyful Anticipation Before Sabbath Begins

Show excitement as Friday draws near.

Talk positively about what you're looking forward to on Sabbath (fellowship, worship, Bible study).

Psalm 122:1 — “I was glad when they said to me, ‘Let us go into the house of the LORD.’”

2. Peaceful and Respectful Atmosphere During the Sabbath

Demonstrate calmness in speech and actions with reverence for the Sabbath.

Avoid bringing stress, sarcasm, or complaining into the Sabbath hours.

Isaiah 58:13 — “...not doing your own ways, nor finding your own pleasure, nor speaking your own words.”

3. Prioritize Worship and Study

Be the first to open your Bible.

Invite children to participate, read, or ask questions.

Show that God's Word is central, that it is always true, and that God cannot lie. (John 17:17, Hebrews 6:18)

Deuteronomy 6:6–7 — “And these words which I command you today shall be in your heart. You shall teach them diligently to your children...”

4. Include Children in Sabbath Activities

Let them help choose special songs, set the table, or prepare a Sabbath meal.

Let them see you treat the day differently—with **reverence**, peace, joy and respect.

Teaching Step 3: WALK THROUGH — “Doing It with Them”

To **walk through** means to *physically and mentally engage* alongside the learner—step-by-step—*breaking a task down into manageable parts* and **doing it with them** until understanding and confidence are built. (Watch the body language, it will tell you when they are comfortable with the task.) It's the stage between **showing** and **handing over**. It requires *presence, patience, participation* and *process of step by step physically walking through how to call the Sabbath a delight*.

Why Is "Walk Through" So Important?

> **It's the most commonly missed teaching step.**

Many stop at explanation or demonstration—but **don't stay close enough** during the learning and children often feel overwhelmed without being physically present.

> Physically being **at their side** shows:

You are **with them**.

You **support** their success.

You're **guiding**, not commanding.

Recognizing the effort

> Side-by-side positioning fosters **relational trust**.



Teaching Step #3: Walk Through – “Do it with them.”

Kindling their own spiritual fire.

Principle	Practice	Spiritual Goal
Preparation	Friday setup	Honor and anticipation
Consecration	Sunset devotion	Set-apart time
Participation	Attending services	Community and growth
Connection	Family-based activities	Joyful bonding
Reflection	Closing the Sabbath	Gratitude and application

Christ Walks us Through God's Plan of Salvation by the Holy Days

Holy Day	Scriptural Reference	Brief Meaning
Passover	Exodus 12:11; 1 Cor. 5:7	Christ's sacrifice for our sins.
Unleavened Bread	Leviticus 23:6	Putting out sin; living by God's truth.
Pentecost	Acts 2:1-4	Gift of the Holy Spirit; firstfruits.
Trumpets	Leviticus 23:24; 1 Thes. 4:16	Christ's return as King.
Atonement	Leviticus 23:27; Rev. 20:1-3	Satan removed; mankind reconciled to God.
Tabernacles	Leviticus 23:34; Zech. 14:16	Christ's millennial reign on earth.
8th Day	Leviticus 23:36; John 7:37	Final judgment; salvation offered to all.

Teaching Step #4: PERFORM
“Let Them Lead—And Cheer Them On!”
Look for what they are doing right.



Teaching Step #4: PERFORM

“Let Them Lead—And Cheer Them On!”

Look for what they are doing right.

► Definition:

To **perform** means to *take action independently*—putting into practice what has been explained, demonstrated, and walked through.

Application:

Build and Post Family Sabbath Standards for calling the Sabbath a delight:

- > We prepare for the Sabbath joyfully.**
- > We honor God by attending and participating in services.**
- > We show kindness, warmth and encouragement to others.**
- > We rest from normal activities to build relationship and spend time with God starting on Friday at sunset.**
- > We rejoice in the blessings of fellowship and worship and reverence for the Sabbath.**

Look for what they are doing Right!

Preforming is where the **learner begins doing**—and the parent's job is to observe, encourage, and offer timely encouraging feedback.!



How did Christ Perform? – He left us a **perfect example** – Preforming doing all the will of his Father.

Christ’s Example of “Performing” the Will of the Father

Jesus said plainly:

“For I have come down from heaven, not to do My own will, but the will of Him who sent Me” (John 6:38).

“I always do those things that please Him” (John 8:29).

Christ perfectly performed—He lived out—the Father’s will. The Sabbath was a central part of that obedience.

In **Luke 4:16**, we are told that Jesus’ custom was to go into the synagogue on the Sabbath. He didn’t neglect it. He honored it.

In **Mark 2:27–28**, He reminded His disciples that ***“the Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath.”***

By both His teaching and His practice, **Christ demonstrated that the Sabbath is a delight when observed in the way God intended**—not with humanly added restrictions, but in the spirit of rest, worship, service, and joy.

Teaching Step #5: Review “*Talk it out, Lock it in*”

Use Review to Build Sabbath Identity

The “Review” step isn't just repetition—it's **reinforcement**, **remembrance**, and **recommitment**. It is how we **internalize** the **Sabbath as a delight**, not just a duty.

“We don't just teach doctrine—**we *live it***. And through **example**, **review**, and **repetition**, we **pass it on**”



Teaching Step #6 Reward

“Celebrate effort, not just success!”

Helping each child, grandchild and great grandchild recognizing the blessings of calling the Sabbath a Delight.

► 5 Reasons Reward Motivates Children Spiritually

1. Encourages repetition of right choices.
2. Builds joyful association with God’s way.
3. Creates positive Sabbath memories.
4. Reinforces that effort matters—even if results are imperfect.
5. Mirrors how God deals with us as His children.

Teaching Step 7: PROGRESS — “Close the Gap Between What They Know and What They Do”

► **How Parents Can Help Children “Progress” in Calling the Sabbath a Delight**

> **Encourage Ownership of Sabbath Habits**

Let children create part of the Sabbath plan—choose the meal, the song, or the scripture reading.

Ask: *“What would help you enjoy the Sabbath even more this week?”*

> **Mentor Toward Spiritual Leadership**

Mentoring building personal Sabbath Standards

Teach them how to lead family prayer, Sabbath discussions, or serve others at church.

Affirm their capacity to be a future servant-leader in God’s Church.

> **Set Growth Goals Together**

Create spiritual goals such as: *“This month I want to serve someone each Sabbath.”*

Review and praise their progress over time.

> **Invite Them Into Accountability**

Ask reflection questions:

“How did you show God delight this Sabbath?”

“What would you like to do differently next week?”

> **Connect Sabbath Keeping to the Kingdom**

Remind them that Sabbath is **practice for the Kingdom**.

Teach that **delighting in God’s Sabbath today prepares us to rejoice in His rule tomorrow**.



Teaching Children to Call the Sabbath a Delight

Example of What, Why and How Christ Explained the Sabbath

✓ **What: The Sabbath Is to Be a Delight**

It is not a day of restriction, but a **holy day to enjoy** with God.

> **Christ honored the Sabbath by worshiping, teaching, and doing good** on it (Luke 4:16; Mark 3:1-5).

The day is spiritually refreshing by design.

✓ **Why: Because God Calls It Holy and Desires Our Joy in It**

God made the Sabbath **holy, blessed, and sanctified** (Genesis 2:3).

> **Christ reinforced the Sabbath as made for man**—for rest, restoration, and spiritual renewal (Mark 2:27).

Isaiah 58 reveals that **delighting in the Sabbath is how we delight in the Lord Himself.**

✓ **How: By Honoring the Day in Thought, Word, and Deed**

Rest from ordinary work and commerce (Isaiah 58:13; Exodus 20:10).

Focus on spiritual activities: assembling, praying, studying, and fellowshiping (Leviticus 23:3; Acts 17:2).

Practice mercy and good works (Matthew 12:12; Luke 13:10-17).

Cultivate joy and spiritual renewal—not viewing the day as a burden but as a weekly reunion with our Creator.

Jesus healed and taught on the Sabbath (*Luke 13:16*)

He demonstrated **mercy and restoration**- Luke 13:10–17 — The Woman Loosed from Her Infirmity, **“It is lawful to do good on the Sabbath.”** (*Matthew 12:12*) **Christ** delighted in doing the **Father’s will** (*John 5:17*)

Handout #1: What I need to know about the Sabbath – The building of a Sabbath knowledge checklist with our children – Section II

> These points provide **doctrinal clarity** and historical/spiritual context for deeper understanding.

Section II. NEED TO KNOW AS KNOWLEDGE – "*Why the Sabbath Matters*"

11. The Sabbath Was Made for Man

Mark 2:27

Background: It is a blessing, not a burden—designed for human benefit.

12. It Was Established at Creation

Genesis 2:2-3

Background: God sanctified the seventh day before the law was given.

13. The Word for Sabbath Means ‘Rest’

Hebrew: *Shabbat* = “to cease”

Background: "God stopped creating to show us how to rest spiritually."

18. Sabbath Is a Weekly Picture of the Millennial Rest

Hebrews 4:1-11

Background: It foreshadows the Kingdom of God and rest from sin.

Handout #1: What I need to know about the Sabbath – The building of a Sabbath knowledge checklist with our children – Section III

> These deal with **spiritual attitude and practical conduct**—how to teach your child to honor the Sabbath with the right heart.

Section III. PROPER APPLICATION OF THE SABBATH "How to Keep It (Sabbath) Holy"

21. Prepare in Advance

Exodus 16:23

Background: God commanded preparation on the sixth day to avoid work on the seventh day.

22. Honor God in Conversation and Thought

Isaiah 58:13-14

Background: We are to turn from our own pleasure and speak words that honor God.

25. Avoid Secular Entertainment

Isaiah 58:13 – “Not doing your own ways, nor finding your own pleasure...”

Background: The Sabbath is holy, not for distraction or unimportant things.

Handout #1: What I need to know about the Sabbath –
The building of a Sabbath knowledge checklist with our children – Section III
Continued - PROPER APPLICATION OF THE SABBATH "*How to Keep It (Sabbath) Holy*"

24. Teach Your Children Why You Keep the Sabbath

Deuteronomy 6:6-9

Background: Parents are commanded to diligently teach God's ways daily.

Taking every opportunity to teach – look for the teachable moments

A **teachable moment** is a natural opportunity to instruct, guide, or reinforce a lesson—often unplanned—that arises in the course of daily life or interaction.

Recognize the teachable moment:

- > A **spontaneous opportunity** when someone is especially open to learning.

- > A situation where **experience, curiosity, or emotion** creates readiness for instruction.

- > A chance to connect a **practical event** to a **spiritual or moral truth**.

Handout #1: What I need to know about the Sabbath – The building of a Sabbath knowledge checklist with our children – Section IV

This section identifies the **spiritual, physical, and covenantal blessings** God promises to those who honor the Sabbath as holy time.

Section IV. BLESSINGS FOR OBSERVING THE SABBATH - "*When We Rest, God Works*"

31. Spiritual Delight in God

Isaiah 58:13-14 – “Then you shall delight yourself in the Lord...”

Background: Proper Sabbath observance transforms us to **find joy in God Himself**, not just in activity.

32. Special Covenant Relationship

Exodus 31:13, 17

Background: The Sabbath is a **sign** between God and His people—it identifies us as sanctified by Him.

33. Physical and Emotional Rest

Exodus 23:12

Background: Rest benefits not just the body, but the mind—God designed it for **human restoration**.

40. Preparation for the Kingdom of God

Hebrews 4:9-11

Background: The weekly Sabbath pictures the **millennial rest**—observing it now prepares us to reign with Christ in His Kingdom.

Why Is Demonstrating So Important?

1. What they see, they learn.

Actions confirm or deny our words.

2. Children are always watching.

Even when they don't seem to be listening, they're watching to see what matters to us.

3. Slow is fast.

Take your time to **show** the steps. Whether it's Sabbath preparation, or setting aside special music—slow, consistent, reverent modeling of the Sabbath leaves lasting impressions.

4. Demonstrating is modeling.

Children need *models*, and standards. “People challenge rules, and rise to meet standards”

5. Over-emphasize the key aspects.

Repeat and highlight what matters. (“We prepare our clothes and polish our shoes and clean the house *before* sunset to honor God's day.” “We put away the electronics now because it's Sabbath time with God.”)

God has a vision for us to live, rule and reign with Him. To be Kings and Priests.



Summary Table of How to Review and Call the Sabbath a Delight (Isaiah 58:13–14)

Bullet Point	Practical Application
Remember Who Made the Sabbath	Recite Genesis 2 and Exodus 20 at Friday night dinner to begin the Sabbath.
Speak Positively About the Sabbath	Model joyful anticipation of the Sabbath—avoid calling it restrictive or boring or burden
Review Preparation List	Explain what we did well as a family and what we need to better prepare for the Sabbath and add to the Sabbath prep list.
Delight in Worship and Fellowship	Prepare for services, sing with energy, and discuss the message together after services.
Help Others and Show Kindness	Visit someone, call a lonely member, help clean the hall—small acts of mercy.
Review the Sabbath’s Blessings Weekly	Ask: “What did God teach us today?” or “What made this Sabbath special?”
Thank God for His Holy Day	Include Sabbath thanks in prayers and express it during family or group study.
Set a Right Example for Others	Be consistent, respectful, and enthusiastic about the Sabbath—your attitude teaches most.

Help Others and Show Kindness:

Jesus taught by example that it is lawful to do good on the Sabbath (Matthew 12:12; Luke 13:10–17). We honor the Sabbath by reflecting God’s mercy and compassion.

Review the Sabbath’s Blessings Weekly:

Take time to reflect on how the Sabbath helps us rest, grow spiritually, and remember our Creator and Redeemer. Teach this regularly to children and others.

Thank God for His Holy Day:

Express appreciation through prayer and Bible study. Acknowledge God’s wisdom in giving us a day of spiritual renewal.

Set a Right Example for Others:

Our attitude and actions teach others—especially children—how to view the Sabbath. When we keep it joyfully and consistently, we show others what it means to honor God (Matthew 5:16; Deuteronomy 6:6–7).

UCG teaches that our personal conduct and family leadership on the Sabbath help pass down faith and reverence for God’s law.

Handout: #2: How to use 7 teaching steps to teach our children to call the Sabbath is a delight

The handout includes 7 columns with headings of :



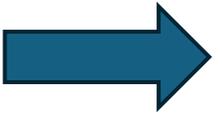
Teaching Step:



Phase Reminder: *“Say it so they see it!”*



Learning Style:



How Christ used each of the Teaching Steps:



How to use each of the Teaching steps to instruct our Children and Grandchildren to Call the Sabbath a Delight:



Key Teaching Points



Application

Why is VISION important for leaders?

A vision provides a clear picture of what you want to accomplish.

Eyes fixed on a Point of Reference – the GOAL

Stimulates Spiritual Momentum

Education Motivator

Fuels the Fire – Intrinsic Motivator

Draws a person toward the Goal

Keeps you from being Sidetracked

Preparation





Using the 7 Teaching Steps - Matched to Learning Styles

We often teach from our own learning style—bridge the gap between what we say and what they hear

> Learning Styles (VARK — Neil Fleming, general info)

1 Visual (Est. 50%) — Demonstrate

“What they see, they learn.” “Eye contact.”

Prefer demonstrations, pictures, diagrams, visuals, charts, spatial cues.

2 Auditory (Est. 25%) — Explain

“Say it, so they can see it.” “Use key phrases.”

Learn best by hearing—instruction, audiobooks, sermons, discussions, listening to Scripture, illustrative stories.

3 Kinesthetic (Est. 15%) — Walk Through

“Do it with them.” “Tactual reinforced.” “Physically engaged.”

Learn by hands-on doing—movement, physical examples, participation, role-playing.

Remaining styles (share ≈15%)

4 Reading/Writing (Verbal/Linguistic) — Prefer reading & writing text, lists, journaling, notes, checklists.

5 Logical (Mathematical) — Prefer patterns, reasoning, structure, logic.

6 Social (Interpersonal) — Thrive in groups, collaborative/team learning.

7 Solitary (Intrapersonal) — Prefer self-study, reflection, meditation, independent learning.

Summary Table - How did Jesus Explained the Sabbath

Example	What Jesus Taught	Why It Matters	Scriptural Support
1	The Sabbath was made for man	The Sabbath is a divine gift for humanity’s good—not a burden. It was established at creation for rest and spiritual focus.	<p>- <i>Mark 2:27–28</i> — “The Sabbath was made for man, and not man for the Sabbath...”</p> <p>- <i>Genesis 2:3</i> — “Then God blessed the seventh day and sanctified it...”</p>
2	It is lawful to do good on the Sabbath	Acts of mercy, healing, and compassion are not only allowed—they fulfill the spirit of the Sabbath.	<p>- <i>Luke 6:9</i> — “Is it lawful on the Sabbath to do good or to do evil, to save life or to destroy it?”</p> <p>- <i>Matthew 12:12</i> — “Therefore it is lawful to do good on the Sabbath.”</p>
3	The Sabbath represents freedom and restoration	The Sabbath points to deliverance from bondage —physically (like Israel from Egypt) and spiritually (healing and salvation in Christ).	<p>- <i>Luke 13:16</i> — “...ought not this woman... be loosed from this bond on the Sabbath?”</p> <p>- <i>Deuteronomy 5:15</i> — “Remember that you were a slave... therefore the LORD your God commanded you to keep the Sabbath...”</p>

Engage - build relationship and share your story – in a safe, positive, nurturing learning environment

Evaluate – assess what they know (**meeting them where they are**)

Educate (using God’s Word) - “Truth Transforms—Only God's Word Shows the Way

Empower - setting and establishing Sabbath standards together as a family

Encourage - look for what they are doing right - recognizing the effort

Emphasis - emphasis is when you make something stand out so everyone knows it really matters.

What do I want the children and parents to leave with at the end of this message?

1. Working knowledge of the 7 teaching steps with applications for each teaching step directly tied to calling the Sabbath a delight.
2. Share pictures as visual reminders of how we have called the Sabbath a delight.
3. To provide a handout that list ideas of how to develop a Family Sabbath Checklist and why it is important in building the Family Standards for Keeping the Sabbath Holy and Calling it a Delight.
4. To identify, define, discuss how Christ used the teaching step, how we as parents and grandparents may use these teaching steps to pass on our knowledge of calling the Sabbath a delight.
5. Provide applications for each teaching step.
6. Exit ticket – in the conclusion
7. Need to add: Kings and Priests must be teachers. Scripture (Rev. 1:6, +

What, Why and How Teaching Approach

Handout: #2: How to use 7 teaching steps to teach our children to call the Sabbath is a delight –
Column 6: Key Teaching Points

Teaching Point: God Made the Sabbath for Us

Scripture: *And God blessed the seventh day and sanctified it” (Genesis 2:3).*

- > ***What:*** It’s God’s special day. (Exodus 20:10) – *“But the seventh day is the Sabbath of the Lord your God. In it you shall do no work...”*
- > ***Why:*** He made it holy at creation. (Genesis 2:3)– *“Then God blessed the seventh day and sanctified it...”*
- > ***How:*** We rest and spend time with God. (Isaiah 58:13-14) – *“If you turn away your foot from the Sabbath... and call the Sabbath a delight... then you shall delight yourself in the Lord...”*