

Lesson 6

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Review what your family learned about who and what is man and God's purpose for man.)

- *Review that God rested from His work on the seventh day and made the Sabbath Holy.*
- *Show the meaning of the Sabbath from Creation to the Kingdom of God.*
- *Help your family understand why God created the Sabbath for man.*

Creation–Day 7: The Sabbath

Genesis 2:1-2 (ESV) Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done.

God made the seventh day, the Sabbath, holy.

Genesis 2:3 So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

- What does it mean to be blessed and holy?
- Who is the only one that can make something holy?

Leviticus 23:3 Six days shall work be done, but on the seventh day is a Sabbath of solemn rest, a holy convocation. You shall do no work. It is a Sabbath to the Lord in all your dwelling places.

- What are the basic Sabbath principles contained within this verse?

God created the Sabbath for man's benefit and to build a relationship with God.

Mark 2:27 ...The Sabbath was made for man, and not man for the Sabbath.

Exodus 31:13-14 'Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you. You shall keep the Sabbath, therefore, for it is holy to you.

Deuteronomy 10:12-13 (GNT) ...Worship the Lord and do all that he commands. Love him, serve him with all your heart, and obey all his laws. I am giving them to you today for your benefit.

Isaiah 58:13-14 (NET Bible) You must observe the Sabbath rather than doing (just) anything you please on my holy day. You must look forward to the Sabbath and treat the Lord's holy day with respect. You must treat it with respect by refraining from your normal activities, and by refraining from your selfish pursuits and from making business deals. Then you will find joy in your relationship to the Lord, and I will give you great prosperity...

Family Discussion Ideas

- In what ways does proper Sabbath observance benefit those who keep it?
- How does the Sabbath improve your relationship with God?
- What do you do to show respect to God on the Sabbath?
- What ways does your family make the Sabbath special?
- What do you look forward to on the Sabbath – and why?
- What types of activities would distract from honoring God on the Sabbath – and why?
- What types of activities can help you and your family draw closer to God on the Sabbath?

Suggestion: Review or assign to your family, some of the resources below. The sermon “Sabbath Made for Man” may be helpful in discussing some of the questions above.

The Sabbath reveals God’s plan of Salvation—from Creation to the “New Creation” of the Kingdom.

- Sabbath is a time of rest from our weekly labor
- Sabbath is a type of “rest” that Jesus gives us from the struggles of life.

Matthew 11:28-30 (NCV) Come to me, all of you who are tired and have heavy loads, and I will give you rest. Accept my teachings and learn from me, because I am gentle and humble in spirit, and you will find rest for your lives. The teaching that I ask you to accept is easy; the load I give you to carry is light.

*Hebrews 4:1 (NLT) God’s promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it.
Verse 3: For only we who believe can enter his rest.*

- The seventh day also typifies the “Sabbath rest” during the millennium and eternal life in the Kingdom of God.

Hebrews 4:9-11 (CEV) But God has promised us a Sabbath when we will rest, even though it has not yet come. On that day God’s people will rest from their work, just as God rested from his work. We should do our best to enter that place of rest, so that none of us will disobey and miss going there...

The title of Psalm 92 is “Song of the Sabbath.” The message of Psalm 92 implies rest on the seventh day AND eternal rest in the Kingdom of God. Notice these observations:

[From Halley’s Bible Handbook Notes on Psalm 92] *A Sabbath Hymn of Praise*

This hymn seems to look back to the Sabbath (the seventh day) of Creation, and forward to the age of the eternal Sabbath. The wicked will perish, the godly flourish.

[From NIV Biblical Theology Study Bible on Psalm 92—bit.ly/NIVPsalm92] *A psalm. A*

song. For the Sabbath day.

The rest that God's people enjoyed on the Sabbath was more than simply the cessation of labor; **it also signified a spiritual and final rest that was to come** (Psalm 95:11; Deuteronomy 12:8–11; Hebrews 3:7–4:11). As the title indicates, God's people used this psalm for the weekly Sabbath worship, so it also **expressed a longing for ultimate rest**. Thus, it fits well with the **emphasis on eternal life in Psalm 90–91**.

Possible Family Activities

- 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 blessing
- Take a family nature walk on the Sabbath and enjoy God's creation. Discuss what you most enjoy about His creation. Take a sketch book or make a scrapbook of the things you observe on your walk.
- Take turns planning what to have for Sabbath evening meal. Have a special dessert on the Sabbath to help make it special.
- Make a special drink—"Sunset Glow Sabbath Drink"—to enjoy at sunset on Friday evening. Pour cold orange juice into a tall clear glass leaving a little space at the top. Slowly add about 3 tablespoonfuls of frozen concentrated red fruit punch to the bottom of the glass (without diluting first). The fruit punch should remain somewhat separate to look like the red glow of a sunset. Garnish with an orange slice and/or a cherry. Enjoy it with your child as you watch the sunset!
- Help your child write Sabbath notes. To keep it simple, get a small, preferably multicolored notepad and a package of stickers. The child may write notes and/or draw pictures. Fold each note twice and hold together with a sticker. Write the recipients' names on the front and pass out to friends and family.
- Visit or contact the shut-ins in your congregation or send them homemade cards.
- Start a new family Sabbath tradition. Bring a Proverb to dinner. Each family member writes a proverb on a card. During Sabbath dinner each person reads their proverb.
- Play charades of people and stories from the Bible. Pick a story or parable from the Bible and decorate your Sabbath table with ideas from the story. Turn the lights low and perhaps act out the story Sabbath evening or have someone read or tell the story.

Family Discussions

- Talk with your child about the Sabbath and what they enjoy doing to make it special.
- Have a family discussion on why the Sabbath is a blessing.
- As a family, review the following principles and scriptures:

1. It is good to do good on the Sabbath (Matthew 12:9-13).
2. It is good to assemble on the Sabbath (Hebrews 10:25).
3. Emergencies can be attended to on the Sabbath (Luke 14:5).
4. You may do what is necessary (Mark 2:23).

Challenge Questions...

• In what ways does the Sabbath reveal God's greater plan for mankind?
Study *Hebrews 3 and 4*

• *God does not become weary or tired (Isaiah 40:28)*. Why then did He rest on the seventh day of creation?

By resting on the 7th day, God put His holy presence in that seventh day and set an example that He wanted all humans to follow from then on. By resting, God created the Sabbath Day, making it a day of rest for all mankind throughout all time.

Fill in the missing words...

Mark 2:27-28 "And He [Jesus] said to them, 'The _____ was made for _____, and not _____ for the _____. Therefore the Son of Man is also _____ of the _____.'

Luke 11:46 "And He said, 'Woe to you also, lawyers! For you _____ men with _____ hard to bear, and you yourselves do not touch the burdens with one of your _____.'

Mark 3:1-2 "And He entered the _____ again, and a man was there who had a _____ hand. So they _____ Him closely, whether He would heal him on the _____, so that they might _____ Him.

Additional Resources for Family Studies

- **UCG Fundamental Beliefs Booklet**—the Sabbath. We believe that the seventh day of the week is the Sabbath of the Lord our God.
ucg.org/booklet/fundamental-beliefs/sabbath-day
- **The Ten Commandments Booklet. The Fourth Commandment: Key to a Relationship with Our Creator**
ucg.org/bible-study-tools/booklets/the-ten-commandments/the-fourth-commandment-key-to-a-relationship-with
- **UCG Bible Study Guide, Lesson 2. The Sabbath: Remembering Creation and Looking Forward to the Promised Future Rest**
freebiblestudyguides.org/bible-plan/sabbath-remembering-creation-looking-forward-promised-future-rest.htm
- **UCG Sermon. Sabbath, Made for Man** by R. Schreiber—God created the Sabbath for man's benefit
ucg.org/sermons/the-sabbath-made-for-man
- For small kids:
ucg.org/members/kids/jelly/jelly-loves-the-sabbath

God's Sabbath: Instructor's Guide

God's great plan shows that He wants everyone to become part of His Family, if they choose to obey Him. God gave us His annual Holy Days as the guide to understand how He is doing that. The weekly Sabbath is a reminder every week of His soon coming Kingdom!

Objectives

At the end of the lessons students will be able to:

- Explain that the Sabbath is a day of rest and a time to do good.
- Describe how they should search the Bible to find out what Jesus did on the Sabbath and do what He did on the Sabbath. He never broke the Sabbath.
- Explain that God has a wonderful inheritance and reward for those who keep His Sabbath and call it a delight.

Scriptures:

Luke 6:1-11

Isaiah 58:13-14

Exodus 20:8-11

• **So how many of you were very tired last night after a hard week of school and/or work? Did you get to sleep in this morning? How did it feel? After God created the earth and all that is in it, what do you think He did on that first Sabbath?** *He rested and enjoyed His creation.*

Do you think that He felt like He was missing out on something?

• **What so you feel are the pros and cons for keeping the Sabbath?** On one side of the whiteboard/poster paper write Pros and Cons on the other side. List the points as students give under the appropriate side.

• **What do you think it would do to your health if you never stopped and rested a day? Why do you think God made the Sabbath day?**

Ask one of the students to read Mark 2:27 along from the Living Bible. He made the Sabbath as a gift to man.

• **Since man is the one who is to benefit from the Sabbath, do you think God made it to hurt you or was it for your good?**

• In Deuteronomy 5:32 we find, “So Moses told the people, ‘You must obey all commandments of the Lord your God, following His directions in every detail, going the whole way He has laid for you, only then will you live long and prosperous lives in the land you are to enter and possess.’”

What did Moses tell the people they had to do?

Write these three lines on the board. *Obey all the commandments; follow God’s direction in every detail; go the whole way God has laid out for you.*

Under that write “benefits.”

• **What are the benefits for doing those things? How do you feel about these benefits?**

After you get a good night of sleep and your batteries are all charges, you may ask, now what can I do on the Sabbath day? Let’s answer that question by finding out what Jesus did. He was a human being and lived on this earth the same as you and I do. He faced that question every seven days.

One Sabbath Jesus and His disciples walked through a grain field and broke off some grains for wheat, rubbed the husk off in their hands and ate it. The Pharisees saw it and said, “They can’t do that, it’s illegal because they are working on the Sabbath.”

Jesus answered them, “Haven’t you even read where King David and his men were hungry and at the showbread (a special bread that is required by the law to be placed before God) in the Temple?” Jesus was showing that human needs can take precedent over the law.

On another Sabbath, Jesus was in the synagogue teaching and a man with a deformed hand was present. Again, the Pharisees were watching to see if Jesus would heal this

man of this deformity on the Sabbath. They were eager to find some fault in Jesus.

Jesus had a question for the Pharisees and teachers of the law. “Is it right to do good on the Sabbath day, or to do harm? To save life or to destroy it?” Jesus looked each one in them straight in the eye. Then He asked the man to stretch out his hand. He did, and it became completely normal just like your hand. The Pharisees were not very happy that Jesus was more concerned about taking care of human needs than in being as picky as they were about keeping the Sabbath.

The Bible plainly shows that it is wrong to work on the Sabbath, but Jesus also shows us that we can do good on the Sabbath. It is all right to see to human needs.

- How do you think Jesus felt when he did the good deed of healing the man’s deformed hand? How will you feel when you do good deeds?

- *Isaiah 58:13-14 says, “If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath delight, and the Lord’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob. The mouth of the Lord has spoken,”*

- Do you consider the Sabbath to be the best day of the week, or does it seem to go on forever? What kinds of things would you like to see changed about the way you keep the Sabbath?

- How do you know what you can and shouldn’t do on the Sabbath? Search your Bible and see what it says. *Exodus 20:8, tells us we have six days to do our daily duties and regular work, but the seventh day of the week is a day of Sabbath rest.* Jesus adds understanding to that scripture by showing that we can do good on the Sabbath. Taking care of human needs by relieving suffering or hunger is a good thing to do on the Sabbath.

- What are some things we can do to make the Sabbath a joy and delight? You don’t have your regular work and duties to do, so you can get extra sleep and rest. Your greatest desire should be to know God better. You do this by attending Church services and Youth Instruction class, spend extra time praying and studying. Take time to look at nature and appreciate the things God created. It will help you understand how good and great God is.

- Ask yourself, “What would Jesus do?” **A good rule of thumb is not to do anything that Jesus wouldn’t do on the Sabbath.** We say we believe in keeping the Sabbath, so let’s live it.

Summary Review Activity

Have each student make a list of possible Sabbath activities. Have one student read one

of the things he listed that will please God and make the Sabbath more fun. The person next to him can tell who she would enjoy doing that activity with. Then the next person give one good thing on their list that they can do on the Sabbath to help another person. Then let the next person tell who they would like to do that good deed for. Continue around the room until everyone's list is finished.

Ask: "What benefits will you gain from doing these things because you love God and the Sabbath so much?"

The Sabbath or Sunday?: *Interactive Teen Activity*

There is a difficult line to walk in teaching this lesson, giving reasons why we do not celebrate Easter while teaching our children not to "put down or make fun" of those who do. This study will give some "practice" and learning from each other time.

Each student should choose a scripture beforehand from the following list. Review with parents at home and be ready to answer and then discuss with the whole group.

Discussion Scriptures:

- Matthew 28:1
- Mark 16:2
- Mark 16:9
- Luke 24:1
- John 20:1
- John 20:19
- 1 Corinthians 16:2
- Acts 20:7

Scenario:

We are in a courtroom where we have been summoned to defend our faith and belief in the weekly seventh day Sabbath. What are we going to tell the prosecutors, so that they can understand God's law of the seventh day Sabbath and begin obeying His way?

Summary discussion questions after trial:

1. How long does the Bible say the Sabbath will be a sign between God and Israel?
2. Who are the Israelites of Jews? (ask someone to read Romans 2:29)
3. Who "changed" the Sabbath to Sunday and when did this happen? (Roman church. It took place gradually after the fall of Jerusalem in 70 A.D. In 417 Innocent I decreed it so.)
4. The Sabbath is a sign that identifies who your God is, what happens when you lose that sign or identity? (You'll lose sight of who the true God is.)

Debrief:

- How did you feel about this activity as a way to get answers to questions/beliefs so commonly and mistakenly accepted by most people?
- What did you learn from doing this activity that you didn't know before or read from an earlier lesson?