

### 3.4 REMEMBER THE SABBATH DAY TO KEEP IT HOLY

Topic: Biblical Standard for Peace

Subtopic: Remember the Sabbath Day

1A. God the Creator and Father

Class: Class III (3<sup>rd</sup> Grade)

Objectives:

**Knowledge:** When students are asked why they rest on Sunday, they will say God knew the rhythm of our bodies. One day to rest and renew our body and soul allows us to work more effectively

**Attitude:** Students will practice keeping the Sabbath day holy.

Materials Needed:

Memory Verse Exercise Book

Space for students to do “push-ups”

Exercise Book

Scripture:

**References:** Exodus 20:8-11; Hebrews 4:9-11

Memory Verse: “Observe the Sabbath and keep it holy.” Exodus 20:8

#### TEACHER ACTIVITIES

**Introduction:**

1. Who remembers what the first four commandments teach us?
2. Can you state what the first three commandments are?

**Bible Story:**

3. Introduce the fourth commandment from Exodus 20:8. What does it mean to “remember the Sabbath day and keep it holy”?

**Suggested Discussion Questions**

4. What does the word “Sabbath” mean?
5. Who set the example for setting aside one day a week for rest and worship?
6. Why do you think God wanted us to keep one day out of seven as a day of rest and worship?
7. If we are faithful in obeying God’s commandments can we expect to enter eternal rest?

**Application:**

8. How do you see your family and friends obeying this commandment today?
9. What can you do to obey this command?

**Evaluation:**

10. How can you tell another the importance of keeping the Sabbath?

#### STUDENT ACTIVITIES

**Introduction:**

1. Love the Lord with all your heart, soul and mind.
2. “Worship no God but Me.” “Do not bow down to any idol or worship it.” “Do not use My name for evil purposes.” Ex. 20:3,5,7

**Bible Story:**

3. Let the children answer as they understand it. Christians normally keep Sunday as our day of rest.

**Possible Answers to Questions:**

4. Sabbath means “rest”. It also means the seventh day of the Jewish week.
5. God. When God finished creating the world, He stopped to rest.
6. He created our bodies with the need to have one day out of seven for rest and spiritual refreshment.
7. Yes. We are promised that in Hebrews 4:9-11.

**Application:**

8. Give students a chance to describe how their families and friends observe the Sabbath.
9. Do labor on the other six days and let the seventh day or Sunday focus on God and rest by enjoying family.

**Evaluation:**

10. God knows we will work more effectively if we rest one day a week.

### Extension Activities

1. Have the students write their new memory verse in their Memory Verse Exercise Book: "Observe the Sabbath and keep it holy." Exodus 20:8
2. In their Exercise Book, have students write at the top: REMEMBER THE SABBATH DAY. Underneath, have the students list ways they will obey this command.
3. Exercise. Have students do 15 push-ups without stopping. If they stop to rest before they reach fifteen, talk about how our bodies tell us we have to give them rest. God knew our bodies need to rest one day out of seven. He also knows that part of resting our bodies includes being restored spiritually. We need to thank God for helping us through the week. We need to talk with God about difficult things we may be facing and seek His guidance. We need to reconnect with family and friends in a relaxed manner. That is why one day in seven, which most Christians commemorate, is Sunday. It is a day to worship with others at church.

## NOTES FOR TEACHERS

### Highlights for the Bible Story

1. The first four commandments point us to the importance of loving the Lord with all our hearts, soul and mind. We are to "Worship no God but Me (God)." We are told, "Do not bow down to any idol or worship it." The third commandment says, "'Do not use My name for evil purposes.'" (Ex. 20:3,5,7)
2. Today we want to talk about the fourth commandment which says, "Observe the Sabbath and keep it holy." (Exodus 20:8)
3. In the verses that follow our memory verse, it is very clear that we are to labor and do all our work in six days but on the seventh day we are not to labor. It also explains why. God made the heavens and the earth, the sea, and all that is in them in six days. He rested on the seventh day. Therefore, the Lord blessed the Sabbath day and hallowed (made it holy) it. (Ex 20:9-11)
4. The word Sabbath actually means rest. It also means the seventh day of the Jewish week which begins at sundown on Friday evening and ends at sundown on Saturday evening.
5. Since Jesus rose from the dead on the "first day" of the week or Sunday, Christians for many years have set aside this day to rest and worship God.
6. God created our bodies. He knew that our bodies need one day in seven to stop the routine work and labor and allow time for restoration of our bodies physically as well as our spirit spiritually.
7. This commandment is one that many people have trouble obeying because they think they just must keep working to keep ahead. Just because you see people breaking this commandment doesn't make it any less important. When you are intentional about setting aside one day in seven to rest your body and worship the Lord, God will help you accomplish all the things you have to do. He will help you be more efficient.
8. In the New Testament, Hebrews 4:9-11 talks about the eternal Sabbath that we can enter when we successfully complete the work here on earth God has for us. Then we can enter His eternal rest.
9. Maybe you have some questions about keeping the Sabbath day and making it holy. Does it mean we should not prepare food on that day? Does it mean we should take care of the cows and sheep? Does it mean we should not help someone in need?
10. Keeping the Sabbath holy means that you prepare for the day in advance as much as you can. Mothers may prepare food the day before that will be eaten on the day of rest. If worshiping with your church means traveling, the petrol (gas) tank can be filled the day before so it is ready. Yes, animals should not have to go without food but maybe they can be grazed closer to home so the shepherd can have more time to rest and

worship. Meeting with others to study the word of God is one way we worship God so attending Sunday school and church helps us keep this commandment.

11. How are you obeying this command today? Do you need to make some adjustments to be obedient to this command?

### **Peacemaking Connection**

Although this particular commandment may not be as specific about peacemaking, it does remind us that we need to take time away from our daily routines and spend time talking with God and learning from God's word. The more we learn about living like God intends us to live, the more we become aware that love, justice and civility would fill the world.

### **Key Points**

God finished His task of creation after six days. He took the seventh day to rest. God created us. He created us to need one day out of seven to rest. When we do this, we are able to work more efficiently the other six days. Sabbath means "rest". It also means the seventh day of the Jewish week. Because Jesus arose from the dead on the "first day" or Sunday, most Christians today honor God on Sunday. This day of rest should include spending time with God alone and with others gathered for worship.

### **Teacher Evaluation**

Do I respect God's wisdom and rest and worship one day out of seven? Does my family understand the importance of ceasing from daily work and making one day out of seven truly a day to be refreshed spiritually and restored physically? Do my students see me obeying this command?