

Children's Lesson Six

Sabbath is a Day of Rest

PURPOSE

With shops open and all sorts of activities such as sports played on Sunday, the observance of the Sabbath seems to be lost to society. But it is vital that we allow our bodies a day of rest from the work of the previous week. Without rest our bodies and minds begin to run down, get sick and wear out. It is with this rest on the Sabbath that we turn our attention more fully to God. God ordained this day of rest at creation when he rested on the seventh day and Jesus encouraged this day of worship while he was on the earth. (See Mark 2:23-3:6.) Jesus puts a twist on it, though, in his interpretation: "The Sabbath was made for man, not man for the Sabbath" (Mark 2:27). Jesus did things on the Sabbath that the Pharisees thought were against the fourth commandment. He healed people and took care of his disciples. Sabbath is therefore to be used for worship of God and renewal of his people. This lesson shows the children how all of us can rest and worship God.



OBJECTIVES

The children will:

- Be introduced to the fourth commandment.
- Examine what are appropriate activities for a Sabbath.
- Explore what they can do to rest and observe the Sabbath.

SCRIPTURE

- Exodus 20:8-11

WHAT YOU NEED

- Commandment Crest and fourth badge
- Copies of the Pharisee No-No worksheet
- Copies of the Every-ready Sabbath worksheet
- A copy of the story for each child
- Glue
- Pencils, pens, and markers
- Construction paper
- Stapler
- Poster with words of the song
- Copy of fourth commandment to place on bulletin board

SETTING THE SCENE

1. **Commandment Crest.** Have the students locate their Commandment Crests and glue the fourth commandment badges on.
2. **Pharisee Sabbath No-No.** Have the students fill the worksheet out and then discuss it. All the answers are no. The Pharisees were very legalistic and tried to put exact ritual observance before love and mercy. They felt that as long as they were following the rules to the T, then they were doing what was needed. Jewish interpretation of the fourth commandment had restricted the Sabbath with so many petty rules and restrictions that its primary purpose was lost. The day of rest was intended for everyone's physical and spiritual good.

TRANSITION

Place the fourth commandment on the bulletin board. Say it for the children and have them repeat it. You might want to review commandments one, two, and three from memory before reciting the fourth.

The Pharisees had a difficult time grasping the concept of rest and worship. They wanted everything defined for them down to the smallest detail. They understood everything quite literally. So for them, to keep this commandment was to understand what defined work and then not do it on the Sabbath. They had many rules defining what work was and was not to help them keep this commandment, but in the process they missed the real message God intended. Jesus said that the Sabbath was created for humans, meaning that the day of rest was for their good. To work hard to live by all kinds of picky rules defeated God's purpose for the day. All people are to set aside the Sabbath for rest and worship of the Lord God. Let's see what The Commandment Kids have to say about this commandment.

STORY

Distribute the story and have the children read it or tell the story to the class.

QUESTIONS

1. **What do you think Frankie should do? Why?**
2. **Have you ever had to make a decision like Frankie? What did you decide?**
3. **Why is it important that Sunday be different than the other days of the week?**
4. **What do we need to do to "Remember the Sabbath and keep it holy"?**

ACTIVITIES

1. **Sabbath Day Cards.** Take construction paper 8 ½"x11" and cut it into two pieces 5 1/2"x 8 1/2". On some of the pieces of paper have the children draw pictures or write an explanation of activities they can do to remember the Sabbath and keep it holy. Use one piece of construction paper as the title page by writing "Sabbath Day Book" on it. Staple the sheets of paper together to form a booklet. Have students share some of the activities they thought about. Discuss why it is good to rest and worship on the Sabbath.

2. **The Ever-ready Sabbath.** For the older children, ask them to tell you about the Energizer bunny. What is the slogan that goes along with that character? (He keeps going and going, and going.) Explain that they are not like the Energizer bunny. They must sometimes slow down and rest. They can't keep going and going and going. Sometimes when people stop to rest, it is called "recharging the batteries." Have them use the Ever-Ready Sabbath sheet included in this lesson to describe ways they can recharge their batteries. Worshiping and particular activities to rest could be included in the list. Then have the students share their ideas with the others.

3. **Singing.** Sing with the group of children the following verses. Use the tune to "Here We Go Around the Mulberry Bush." You might want to print the words of this song on a large piece of paper before the class session.

*On each Sunday we will rest,
We will rest, we will rest;
On each Sunday we will rest
And give God the praise.*

*On each Sunday we will praise
We will praise, we will praise;
On each Sunday we will praise
And sing of God's glory.*

*He will be glad when we sing,
When we sing, when we sing;
He will be glad when we sing
Of his mighty love.*

Encourage the children to continue practicing the commandments they have learned so far and begin memorizing the fifth commandment.
End with a prayer.

STORY

- Narrator: Frankie was really excited. He couldn't wait to tell T.J. and the other kids about his exciting news.
- Frankie: T.J. guess what? You'll never guess what happened to me yesterday. It is so great!
- T.J.: I don't know. Why don't you tell me what is making you so excited.
- Frankie: I was picked for the elite Bombers soccer team. Isn't that great?! I've tried out for the last three years and I finally made it!
- Kassy: (walking up to T.J. and Frankie) Hey, I heard what you just said. Congratulations, Frankie. I've been trying to get on their girls' team for a long time too, so I know how hard it is to make the team.
- Frankie: Thanks, I get to meet the coach and the other players tonight. I can't wait.
- Narrator: That night Frankie and his parents meet his new coach and his teammates. Frankie even knew some of the players from other soccer teams he had played on. The coach gave the team members papers that had the rules for the team printed on them and then he talked with the parents about the team and what the parents would need to do. Frankie's parents lost their beaming smiles when they discovered the team games included traveling every weekend to tournaments in other states. Frankie's parents knew this would interfere with their commitment to their church. After the meeting, Frankie's parents had a talk with Frankie about their concerns.
- Frankie's Dad: Frankie, we are so pleased and proud you made this special soccer team, but we have some concerns about it.
- Frankie's Mom: Did you hear your coach say that you will not only have practices and games during the week, but the team will travel almost every weekend to soccer tournaments around several states? What do you think about that?

Frankie: Oh. I didn't hear that. But that's okay isn't it? I'll really work at keeping up with my homework.

Frankie's Mom: Well Frankie, what happens to church then?

Frankie: Oh, (he said softly) I didn't think about that.

Frankie's Dad: We don't mind you playing a game every now and then on Sunday after noon because that can be relaxing for us, but I'm afraid missing church every week isn't what God wants us to do. I think we need to pray about this situation and ask God what he wants us to do.

Narrator: For the next few days Frankie was extra quiet at school and at home. He was busy thinking and praying about the soccer situation. Finally The Commandment Kids could not stand his quietness any more and asked him what was going on. Frankie told them about his situation and asked their opinion.

Kassy: You aren't even thinking about giving up this soccer team are you? If I made the Bombers, I wouldn't let anything stop me from playing and giving it my best.

Chelsea: Yes, but playing soccer isn't everything. I know you think sports are every thing Kassy, but Frankie has more important things to think about than soccer?

Kassy: What could be more important soccer and playing for the Bombers?

Chelsea: How about church? We do have a commandment that goes with this situation you know.

Geoffrey: Do you mean the one about the Sabbath?

Charlotte: I have my Bible here, let me read it. The fifth commandment: "Remember the Sabbath day by keeping it holy."

T.J.: But how do we keep the Sabbath holy?

Charlotte: My parents have always told me to keep the Sabbath holy we need to do two things: worship God by going to church and resting our bodies for the upcoming week. Sunday should be different than any other day. We need to set it aside and not do any work if we can help it and concentrate on God for that one day. Maybe your parents are concerned, Frankie, because they think if you are traveling and playing soccer every Sunday that you won't be able to keep the Sabbath day holy, that among soccer and everything Sunday will become just another day.

Frankie: I see what you mean. I don't know what to do. I really want to play soccer, but I want to do what God wants us to do. I don't want to break a commandment if I'm a Commandment Kid.

Kassy: How about if we pray with you this week to see what God wants you to do?

Frankie: I think that is a good idea.

Pharisee No-No

Decide if the activity listed below was an acceptable activity for the Pharisees to do on the Sabbath. Place a checkmark at the yes or no column corresponding with your answer.

Could a Pharisee Do This on the Sabbath????????????????????

	Yes	No
1. Fluff a pillow with both hands.	_____	_____
2. Walk 1010 feet.	_____	_____
3. Tie a knot with two hands.	_____	_____
4. Set a broken bone.	_____	_____
5. Trim his toenails.	_____	_____



The Ever-Ready Sabbath

Unlike the energizer bunny, you cannot keep going and going and going without a rest. List activities below you can do to rest and recharge on the Sabbath.

