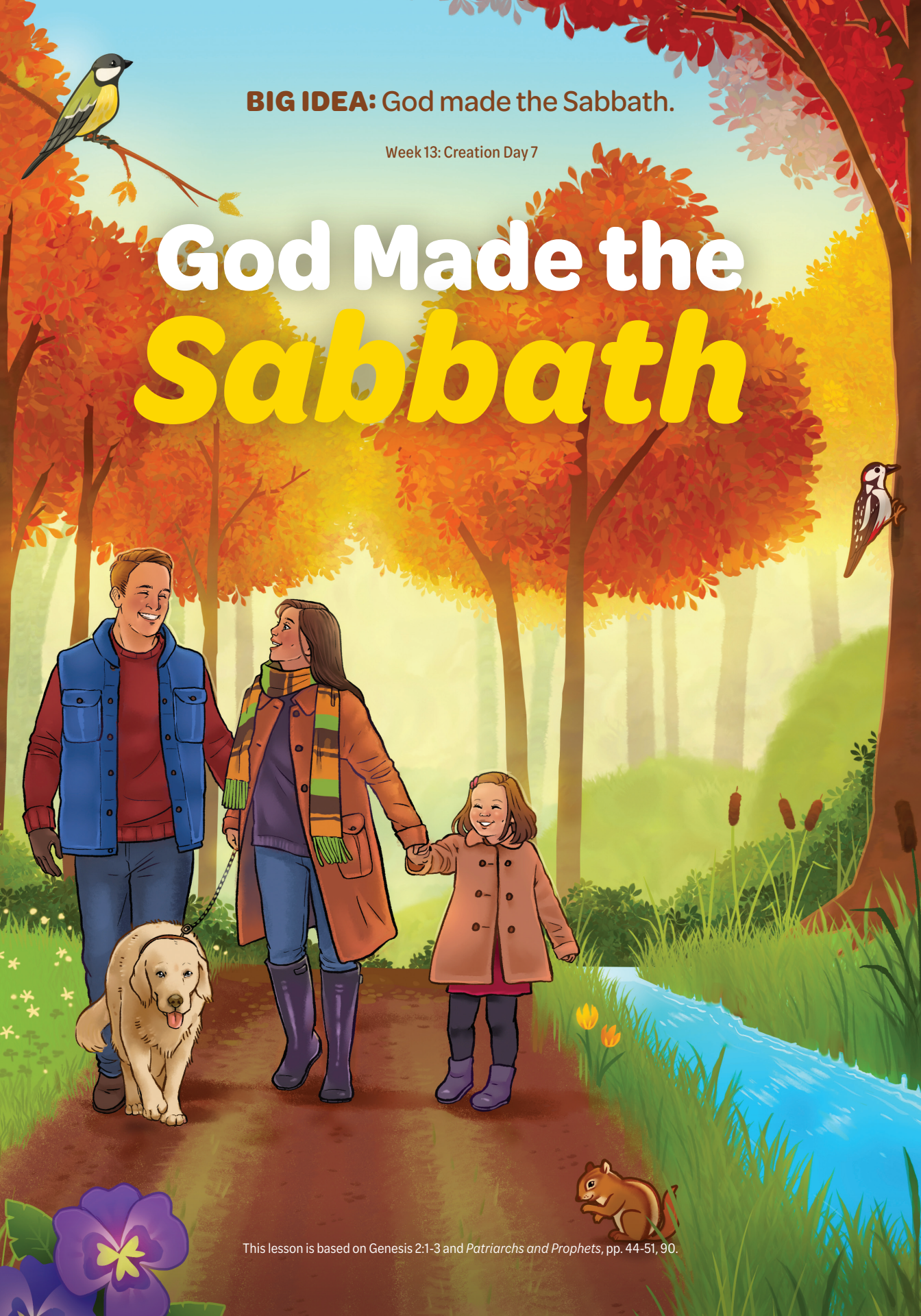
BIG IDEA: God made the Sabbath.

Week 13: Creation Day 7

God Made the Sabbath



This lesson is based on Genesis 2:1-3 and *Patriarchs and Prophets*, pp. 44-51, 90.



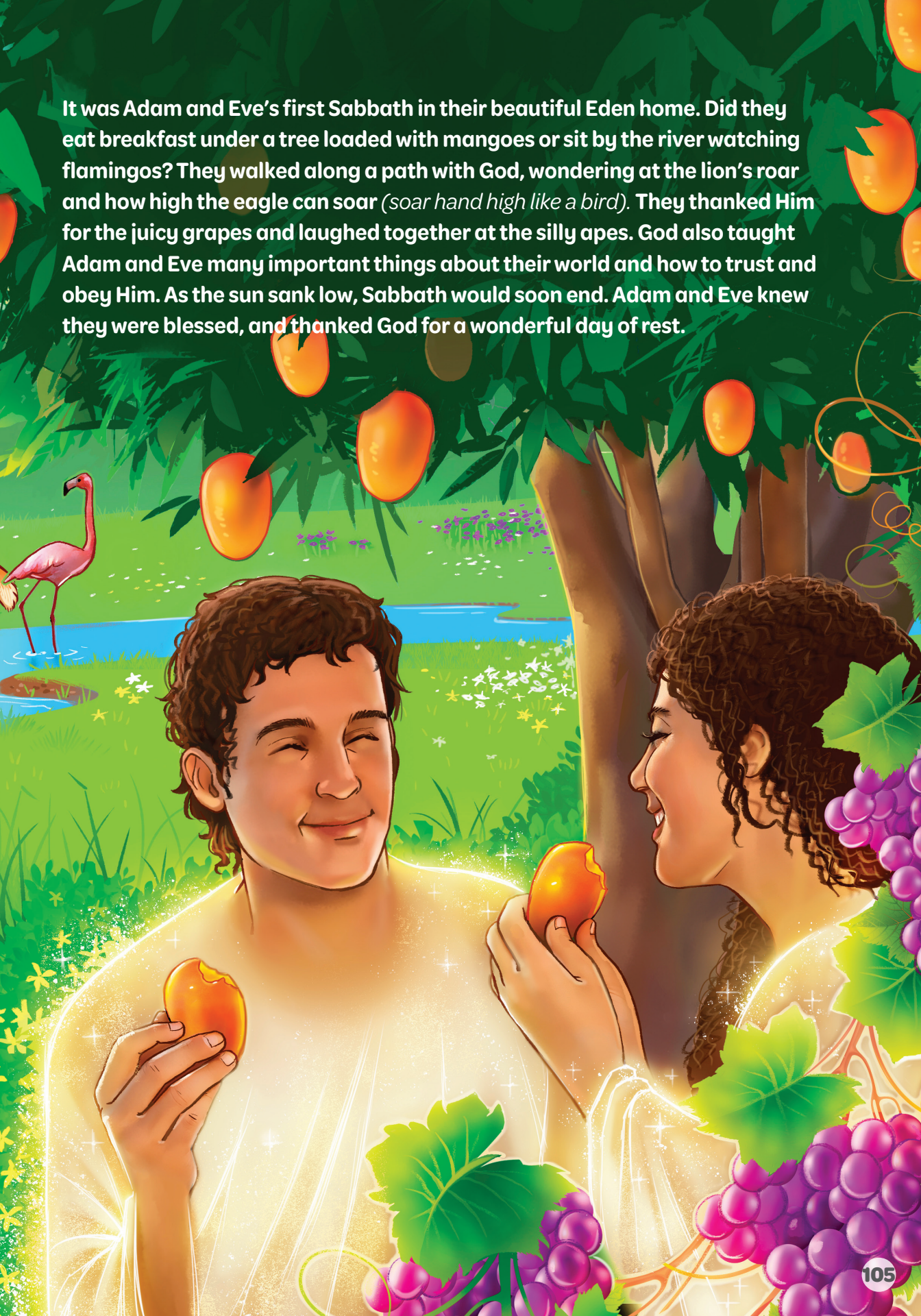
In the beginning, before there were black-and-white pandas or sweet watermelons, there was God. The week was near the end, as Day 7 *(seven fingers)* **was ready to begin. In six** *(six fingers)* **days God created the earth, the sky, and everything in them. He had made the sun and moon, sweet peas, and tall bamboo. There were super-fast cheetahs and monkeys munching bananas; blue birds in the trees, and whales in the seas. Now God wanted to be with Adam and Eve.**



Adam and Eve stood in the garden and watched the sun set low. Bright orange and pink lit the sky with a glow. Day 7 began as the stars came out one by one. A pair of owls called "Hoo," while a frog croaked "Ribbit" on the pond. Two giraffes crunched on leaves in the moonlight. All of God's creation was ready for a rest. What would God do next?



This day was the most special of all. This day was like a present and would be different from all the rest. God declared the seventh day to be a day of rest, one that would be blessed. God made this day to show His great love so that our minds could turn to Him above. Sabbath is a special time to spend praising Him; a way to say, "Thank You" *(hands together)* for all He has given.



It was Adam and Eve's first Sabbath in their beautiful Eden home. Did they eat breakfast under a tree loaded with mangoes or sit by the river watching flamingos? They walked along a path with God, wondering at the lion's roar and how high the eagle can soar *(soar hand high like a bird).* They thanked Him for the juicy grapes and laughed together at the silly apes. God also taught Adam and Eve many important things about their world and how to trust and obey Him. As the sun sank low, Sabbath would soon end. Adam and Eve knew they were blessed, and thanked God for a wonderful day of rest.



One, two, three, four, five, six *(count with fingers)* **days of Creation. Then seven, the very best! A Sabbath day of rest. A special day to learn of God and His love. Time to spend with family and friends, and time to say, "Thank You" to God above. A day for exploring big mountains or beautiful meadows, to sing songs in church and share a yummy lunch. What do you like best on this day so holy and blessed?**

(Say together) **Thank You, God, for the Sabbath!**

play throughout the day



Create

Help your child make the last page of their Creation Book to represent Day 7. Use pencils and markers to decorate the page with drawings of things you like to do together on Sabbath. Write, "*On Day 7 God rested. Thank You, God, for the Sabbath!*" When finished, punch seven holes along the left edge of each week's page. Lace and tie string through the holes to bind the book together. Read your Creation book often to remind your child about God's amazing creation.

Explore

Go on an adventure in nature. It could be the backyard, the woods, a beach, or a park. Have Sabbath lunch outside. Talk about some of your favorite things in creation. Thank God for them. Take a blank nature journal and some pencils to draw some of the amazing things you find in God's nature.

Do

Create a bag with small quiet toys and Sabbath books that are special for church. You could include nature stickers, animal puzzles, plastic animals, special Sabbath books, and coloring pencils. You can also create a box or basket of toys that are special just for Sabbath, for use when you are at home. Pull these out every Sabbath so they stay special and exciting.

Establish

Establish some family traditions that make Friday evening special. For example: candlelight dinner, bouquet of flowers, specific Friday night food, a song at sundown, or a new Bible picture book. Think of something easily accessible in your culture that can set Friday night apart as special in addition to reading the Bible.

Pray

During worship on Friday night, spend some time singing and praising God. Ask each person to share the blessings from the week. Write them down in a family journal that you use each Friday night. Share what you are most excited about for Sabbath tomorrow. Thank God for the rest that Sabbath gives us, and ask Him to bless the time you share together tomorrow.

Extension weekly memory verse: "God blessed the seventh day" (Genesis 2:3).

THE HEART OF THE MATTER

For You, Parents



Imagine what that first Sabbath was like for Adam and Eve! Their excitement and wonder about being with God in His garden would have been expressed through praise to their Creator. It would have been a day filled with discovery as they spent time together and learned more about God, each other, and all He had made.

What does Sabbath in your home look like, sound like, and feel like? Sometimes we can be so busy leading into Sabbath that it's hard to step out of life's spin cycle. Yet God calls us to pause, to "be still," to take some extra-special time with Him and with our family and with other believers. He knows we need it.

Think about how you can simply and meaningfully nurture a love for God and His special, blessed day with your children.

Consider your child's needs and provide positive expectations that will help them learn that church is a reverent place of praise and worship; a place where you love to go. Model for them what it means to delight in the Sabbath.

In His infinite wisdom God knew that we would need to take a break from our busy weeks. Pray about how you can carefully and intentionally spend this time with God and your family, knowing that God sees all your needs—your busy life, your tiredness, your need for spiritual food, and your innate desire for connection with others and, ultimately, with Him.

"God saw that a Sabbath was essential for man, even in Paradise. He needed to lay aside his own interests and pursuits for one day of the seven, that he might more fully contemplate the works of God and meditate upon His power and goodness. He needed a Sabbath to remind him more vividly of God and to awaken gratitude because all that he enjoyed and possessed came from the beneficent hand of the Creator" (Ellen G. White, *Patriarchs and Prophets,* p. 48).

"Serve the Lord with joy. Come before him with singing" (Psalm 100:2, ICB).