

WEEK 3

The Sabbath

Big Idea: God is loving. He gave us the Sabbath.

Memory Verse
***"Remember the Sabbath day, to keep it holy"* (Exodus 20:8).**

Word of the Week
"Holy" - God is holy, which means He is perfect and good. When God makes something holy, He makes it different from ordinary things.

This week's lesson
is based on **Genesis 2:1-3**; Exodus 20:8-10; and *Patriarchs and Prophets*, pp. 47, 48.

Sunday

An Extra-Special Gift

Adam and Eve watched the golden sun begin to set. Their smiles grew big and bright. What a beautiful world! In six days God had created everything: from blue sky to pink rose, and golden lions to rainbow fish.

They thought about all the things they had seen in just one day. *Those giraffes had such long necks! And what about those playful monkeys?* They loved their new garden home. They loved each other, too. And most of all, they loved their Creator.

God loved them too. Because of His big love, He gave them something very special on the seventh day. The Bible says, "And on the seventh day God ended His work which He had done, and He rested on the seventh day" (Genesis 2:2).

God had given them a gift to celebrate Creation. It was the gift of time—precious time with Him.



On the seventh day, *the Sabbath,* God rested with joy. He wasn't tired, but He stopped His work so He could spend a whole day with His precious children—Adam and Eve.

What does the Bible say about this special day? Read **Exodus 20:11**.

I Wonder

» Adam and Eve's first Sabbath with God would have been very special. What kinds of things might they have done together?

Prayer Idea
Thank God for loving you so much that He stops everything to be with you in a special way every Sabbath.

Do
Start making a Sabbath Treasure Box. Find a cardboard box or an adult shoe box. Cover it in wrapping paper or paint it with your favorite colors.

Do
Be extra loving to your brother, sister, or someone else who is close to you. Do something kind or make them a surprise. Then tell them you love them.

Monday

A Blessed, Holy Day

Birds sung out their morning calls. It was Sabbath! The first Sabbath morning ever. Imagine Adam and Eve waking up to a full day with God.

Every new day in the Garden of Eden was an exciting adventure. But the seventh day—the Sabbath—was a *very special* day. God did something wonderful. What did He do? Read **Genesis 2:3**.

The Sabbath was *blessed* by God. When God blesses something or someone, He gives them a special kind of happiness. God blessed the seventh day, Saturday, to be an extra-special time for us to come closer to Him.

Imagine Adam and Eve happily talking, laughing, and singing with God. Imagine God bending down to show Adam and Eve a small seed that would grow into a beautiful flower, or pointing to an eagle and explaining how it flies. Imagine patting friendly rabbits and foxes, and tasting a juicy watermelon together for the first time.

God made the Sabbath *holy*. It would not be like any other day; it would be a special day to rest, worship, and be with Him.

God wants to be with you in a special way on Sabbath too. He wants us to stop all our work and worry to spend time with Him. Our memory verse says, "Remember the Sabbath day to keep it holy" (Exodus 20:8).

I Wonder

» How might we keep the Sabbath holy in a new or special way this Sabbath?

Prayer Idea

Thank God for blessing the Sabbath day, that it is a special time to be with Him.

Do

Find some things in your home that you can use to decorate your box to make it into a Sabbath Treasure Box. What might you use to make it really colorful and special?

Memory Verse

Parent Faith Talk

Share with your child one of the best Sabbaths you've ever had. Talk together as a family about how you could make Sabbath more special.



Tuesday

A Day of Happiness!

Sabbath was God's idea. And what a great idea it was! God made it a gift for everyone—from Adam and Eve, all the way down through time, to you and your family. The Bible tells us that "the Sabbath was made for man" (Mark 2:27).

God has made it a happy time to talk to Him, read His words in the Bible, worship Him at church, and show others His love.

We can talk to God and read His words in the Bible every day. But on Sabbath we come together to thank God with happy hearts. We can praise Him with our songs, offerings, actions, and our words.

God doesn't want our Sabbath joy just to be hidden inside church or kept to ourselves. Jesus showed us how to help others and share our happiness on Sabbath. We can tell people about Him, and help people who are sad, sick, hurt, or lonely—just as Jesus did.

God knew it would also make us happy to spend time in nature on Sabbath. He has given us tall forests and curious creatures to discover. He has given us parks and gardens and happy, singing birds. What a loving God!

The Sabbath is very important to God. What does the Bible say about some very special Sabbaths God is planning for us? Read **Isaiah 66:22, 23**.

Sabbath truly is a happy day—now and always!

I Wonder

» What do you most enjoy doing on Sabbath?

» What will it be like to sing songs to God in a choir with Noah, Elijah, Queen Esther, and the angels on Sabbath in the new earth?

Prayer Idea

Thank God that the Sabbath is a gift you can enjoy now and forever.

Do

Start collecting some special things that you can put in your Sabbath Treasure Box to help you think about God on Sabbath. You might find books, pictures, a beautiful leaf, or a colorful rock.

Memory Verse





Wednesday

Ready for the Best Day!

Four days to go . . . Three days to go . . . Two days to go . . . Just one day until Sabbath! Every week Adam and Eve would count down the days until the very best day—Sabbath. Oh, how Adam and Eve looked forward to their special time with God!

For six days Adam and Eve were busy, busy, looking after the garden and animals. But God's holy Sabbath was a day of rest. Adam and Eve did all their work before Sabbath, so they could be ready for it. Adam finished all his jobs early. Eve gathered extra delicious food, such as cashews, sweet mangoes, and strawberries. They didn't want anything to distract them from their special time with God!

The Bible tells us that if we pay attention to God on Sabbath and not our own busy things, our Sabbaths will be . . . what?

Read **Isaiah 58:13, 14**.

God must have smiled when He saw Adam and Eve keeping the Sabbath special because of their love for Him. God has said, "Keep my Sabbaths holy. They will be a sign between me and you. Then you will know that I am the Lord your God" (Ezekiel 20:20, ICB).

I Wonder

» What jobs do you think Adam and Eve might have done to get ready for Sabbath?

» What can I do on Friday to get ready for Sabbath?

Prayer Idea

Ask God to help you keep His Sabbath special and different from all the other days of the week.

Do

Find some other things to put in your Sabbath Treasure Box, things you will be able to use to make things with this Sabbath. You might include colored pencils, paper, paint, feathers, craft shapes, or felt to make a Bible picture.

Memory Verse



Thursday

Remembering the Sabbath

Elephants have the largest brain of all land animals. This means that elephants remember things *really well*! God wants us to have the memory of an elephant when it comes to the Sabbath. He wants us to always remember it and keep it different from every other day. The Bible tells us that God "has made His wonderful works to be remembered" (Psalm 111:4).

Every Friday evening when the sun goes down, the Sabbath begins. What else does the Bible say? Read **Exodus 20:8**.

In fact, God thought it was so important to remember the Sabbath that He wrote it in stone with His finger as part of the Ten Commandments.

There are a lot of things to remember and do on the Sabbath. God wants us to remember:

- To rest with Him
- To remember His love and power
- To enjoy His gift of creation
- To worship Him with our church family
- To share His love and truth with others

God knows that if we remember to do these things on the holy Sabbath day, it will bring us closer to Him and each other. Our hearts will overflow with joy.

I Wonder

» Have you ever forgotten something really important? What happened?

» Can you "remember" your memory verse?

Prayer Idea

Ask God to help you remember to keep the Sabbath special every single week.

Do

Go for a walk outside and find something in nature that you can put in your Sabbath Treasure Box that will help you remember God on the Sabbath and how wonderful and powerful He is. You can take this out on Sabbath and find out more about it or make it into a gift.

Memory Verse



Friday

A Day With Our Creator

Sabbath was the most amazing day of all! It was a day for Adam and Eve to be with our Creator. They had lots of questions! Perhaps they asked, *Why is the sky blue?* or *How do the clouds hold so much rain?*

God had so much to teach them! Maybe God told Adam and Eve how He had made light with His voice. Maybe he told Adam how He had shaped and placed the teeny, tiniest (three-millimeter) bone deep inside Adam's ear, so he could hear. Perhaps God pointed to a hummingbird and explained how He created it to flap its wings superfast, while hovering in front of a flower to get nectar with its perfectly shaped long beak. Adam and Eve must have been amazed at God's creative power!

Every Sabbath moment with God was special. It was like unwrapping a present from God every week.

Sabbath is a beautiful gift for you too! It is a time we can worship God together with our family and church friends. It is a time we can rest and enjoy God's creation and His friendship. And it is an extra-special time to share His love with others. On Sabbath we can smile and say, "Lord, you have made me happy by what you have done" (Psalm 92:4, ICB).

I Wonder

» How can we pay attention to God on Sabbath?

Prayer Idea

Ask God to help you enjoy His company on His Sabbath day.

Memory Verse

Family Journal

If possible, go outside and open Sabbath under the stars. » Brainstorm together your favorite Sabbath memories and write or draw a picture of these things in your family journal. How did this bring you closer to Jesus?

For You, Parents

"The Sabbath should be made so interesting to our families that its weekly return will be hailed with joy. Parents, make the Sabbath a delight, that your children may look forward to it and have a welcome in their hearts for it" (Ellen G. White, *Child Guidance*, p. 536).

Sabbath Celebration

Just as the Godhead planned Creation, we invite you to make special plans for the Sabbath so it will be a loved, treasured time with God. You may like to turn the activities you enjoy into family traditions, either inside or outside!

On Friday evening you could:

1. Have sparkling grape juice or another special drink.
2. Light candles.
3. Play special music.
4. Take turns to write or draw special thank-you messages to each person in the family and place them at each table setting.
5. Sing a special Sabbath song at the beginning of your meal or have a sing-along beforehand or afterward.
6. Speak a family Sabbath blessing together (e.g., Psalm 92 is "a song for the Sabbath day").
7. Take turns doing different parts of Sabbath worship: singing a song, telling a Bible story you know, being thankful, saying prayer.

On Sabbath afternoon you could:

1. Play Bible charades.
2. Plan a Sabbath treasure hunt. You could use key words from Bible texts as clues.
3. Video a Bible story. Get everyone involved!
4. Make something together as a family and deliver it:
   - A potted flower with a note
   - Thank-you cards to people who have blessed your life
   - A bookmark or photos that will make someone smile
5. Call or FaceTime someone you haven't made contact with in a long time as a family. Encourage and pray with them.
6. Create special Sabbath placemats. Draw the Garden of Eden or illustrate a favorite Bible verse. Laminate your designs and use for Sabbath meals.



Don't forget to get out your Sabbath Treasure Box and have some quiet time with Jesus.