

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level 2 • Unit 2 • Week 3

WE GO TO CHURCH TO WORSHIP GOD

OBJECTIVE:

To encourage children to come to services with the desire to worship God by participating in singing, prayer, listening to the Scriptures, conversation and making friends.

ATTENTION GETTER:

Play "Put on a Smile!" (See attached sheet.)

BIBLE LESSON:

1. We go to church services because God commands us to and because we follow Jesus' example.

Thousands of years ago, God created the earth and everything in it (Exodus 20:11).

Then God did something very special. He created the Sabbath on the seventh day by resting. "...God ended His work which He had done, and He rested on the seventh day..." (Genesis 2:2). God did this because He loves us and knows we need the Sabbath (Mark 2:27).

God commanded, "Remember the Sabbath day, to keep it holy" (Exodus 20:8). It is so important to God that we keep the Sabbath, that God set an example for us—He rested on the seventh day.

We go to church on the seventh day—the Sabbath—because God has commanded us to keep that day holy.

Q: How many days did God work to create the earth and life on it?

A: Six.

Q: Did God rest? When?

A: God rested on the seventh day—the Sabbath.

Q: How did God create the Sabbath?

A: By resting.
Q: Does God tell us to keep the Sabbath holy?
A: Yes.

[Note to teacher: Technically, “church” refers to the called out members who assemble together to be the Church. For the sake of readability, however, we will at times use the term “go to church” to mean going to the Sabbath services of the church.]

God tells us to have a “holy convocation” on the Sabbath. This means that we are to assemble together—or go to church—to worship Him. Jesus kept the Sabbath. He went to church at a building (it was called the synagogue) on the Sabbath and read aloud from the part of the Bible that we call the Old Testament.

“[Jesus] came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read” (Luke 4:16). Jesus rested and worshiped God by going to church on the Sabbath day, just like He wants us to do.

Q: Are we to go to church on the Sabbath?
A: Yes.
Q: What is a “holy convocation”?
A: It is a sacred *command* to come together. It is a meeting together of God’s holy people on His holy day—going to church.
Q: Did Jesus keep the Sabbath?
A: Yes.
Q: Did Jesus go to church?
A: Yes.
Q: What did He do there?
A: He read from the Bible.

2. We worship God by rejoicing and singing praises to Him.

God wants all of His people to go to church each Sabbath to worship Him together. How do we worship God at church? Children can participate in church services by joining in and singing hymns. Singing is one way to praise God. The apostle Paul wrote, “teaching...one another in psalms and hymns and spiritual songs, singing with grace in your hearts to [God]” (Colossians 3:16). God wants children as well as their parents to rejoice and sing praises to Him.

David, who was the second king of Israel, was a song writer. He wrote Psalm 92, which is a song for the Sabbath day:

“It is good to give thanks to the LORD,
And to sing praises to Your name, O Most High...
Upon an instrument of ten strings, and on the lute,
on the harp, with harmonious sound.”

When we sing before God, we tell Him how much we appreciate all that He does for us. It also makes us feel happy and joyful when we sing.

Q: How can we worship and praise God?

A: By singing.

Q: Does God want children to sing to Him?

A: Yes.

3. We worship God by giving thanks in prayer.

The Sabbath is also a time to give thanks to God in prayer. We are told, "...In everything by prayer and supplication, with thanksgiving, let your requests be made known to God" (Philippians 4:6). When we pray, we are talking to God. When we pray at church, we ask God to help us learn His way. God hears us when we talk to Him. "The LORD is far from the wicked, but He hears the prayer of the righteous" (Proverbs 15:29). God is always there to help us when we ask Him, at home and at other times like Sabbath services.

4. In church services we fellowship with God and His people.

Each Sabbath we should spend time in fellowship. Fellowship is talking to one another. We should be thinking and talking with our family and friends about God's law, and how we can live the way He wants us to live. God wants us to think and talk about His ways all the time, but especially on the Sabbath.

We get to know one another better by talking to each other—by fellowshipping together on God's Sabbath day.

Q: How do we get to know one another?

A: By fellowshipping.

Q: What is fellowship?

A: Talking to one another and being happy to be together.

Q: What are some things we should talk about on the Sabbath?

A: God's law, how to live God's way, our experiences.

We develop a friendship with God, just like we do with our friends, by talking to Him and listening to Him. Our friendship with God is so important to Him that He created a special day for us to rest from our work. He commands us to worship Him on that day. We worship Him by obeying His command to assemble together. At church we listen to the Scriptures in sermons from His ministers. At church we sing praises to God and ask for help in prayer. We also fellowship—or talk—with one another.

God wants to be like a special friend to us. He wants us to learn about Him on the Sabbath. It is a very special day each week for God and His children to spend time together. It is important to God that all of His people learn to obey Him, to respect Him, to love Him and to rejoice before Him.

LESSON APPLICATION:

Make Sabbath greeting cards.

Bring various colors of 8-1/2-by-11 inch paper and 4-3/8-by-5-3/4-inch (invitation size) envelopes. Also assemble various markers, stencils, paper doilies, glitter, glue, etc. Help the children decide what their design will be and what they want to say on the card. Keep the message simple such as "Have a Happy Sabbath," "I Love You," etc. Encourage the creativity of the children.

Ask them to think of someone to give a card to who might need an encouraging message, such as someone who was ill and could not attend, an elderly person, etc.

If the class is large, ask for others (such as teens and young adults) to help with the children.

Music:

Sing the "On the Sabbath Day" to the old tune of "This Is the Way We Wash Our Hands." (See the following page for words) You may want to use large flash cards during the day of the lesson as well as hand out sheets with the words several weeks before the lesson to enable the parents to help the children learn the song. All or any of the verses may be chosen.

MEMORY VERSE:

Exodus 20:8 "Remember the Sabbath day, to keep it holy."

ON THE SABBATH DAY

Verse 1: This is the way we worship God,
Worship God, worship God.
This is the way we worship God,
On the Sabbath day.

Verse 2: On this day we do no work,
Do no work, do no work.
On this day we do no work,
On the Sabbath day.

Verse 3: We sing praises to our God,
To our God, to our God.
We sing praises to our God,
On the Sabbath day.

Verse 4: We must act respectfully,
Respectfully, respectfully.
We must act respectfully,
On the Sabbath day.

Verse 5: On this day we learn God's way,
Learn God's way, learn God's way.
On this day we learn God's way,
On the Sabbath day.

Verse 6: Use your time to pray to God
Pray to God, pray to God.
Use your time to pray to God,
On the Sabbath day.

Verse 7: A special day for family time,
Family time, family time.
A special day for family time,
On the Sabbath day,

Verse 8: This is the way we worship God,
Worship God, worship God.
This is the way we worship God,
On the Sabbath day.

family activity

THE POINT:

To encourage children to come to services with the desire to worship God by participating in singing, prayer, listening to the Scriptures, conversation and making friends.

ASK ME...

Parents can ask the child the following questions and give hints regarding the answers:

Q: How should we keep the Sabbath holy?

A: By not working, by resting and by going to church.

Q: Why should we meet together or go to church on the Sabbath?

A: God commands us to, and Jesus set that example for us.

Q: What are some of the things we do to participate and worship at Sabbath services?

A: We have time to sing together, pray together, listen to the Scriptures and have conversation and fellowship together with friends.

FAMILY TOGETHER TIME:

Help your child prepare for next Sabbath by:

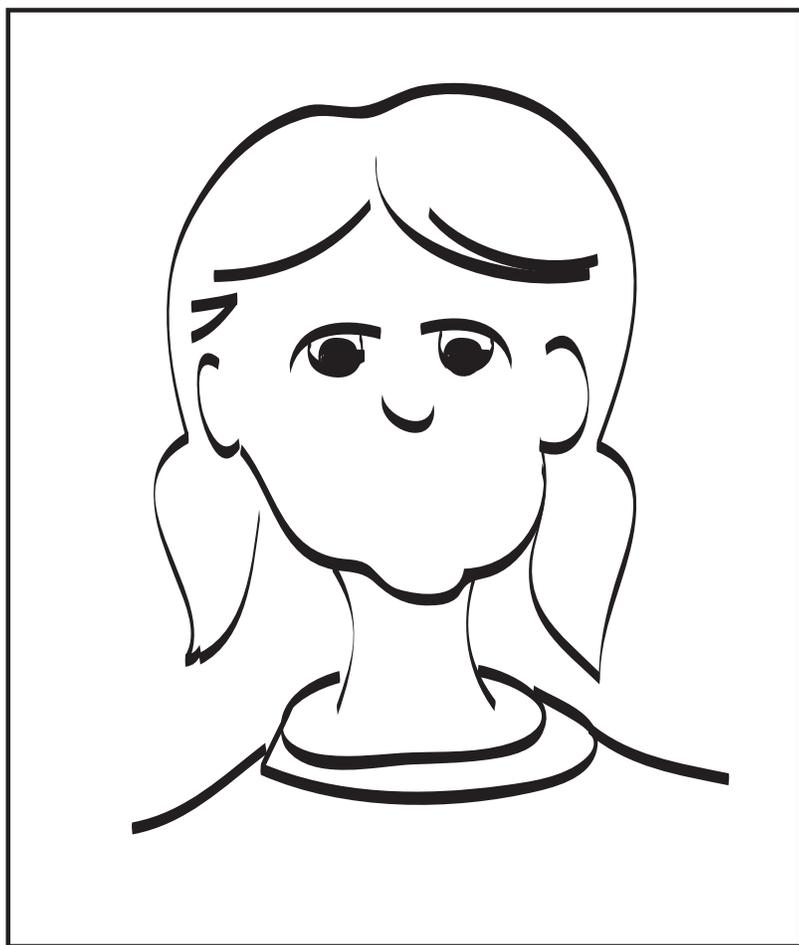
1. Helping them learn new hymns.
2. Helping them learn the names of members they don't know very well.
3. Helping them address special greeting cards to members who have been ill or can't attend very often, etc.
4. Reminding them of and pray with them for those mentioned in prayer requests at services.

Help your child fill out the "Sabbath Crossword Puzzle."

MEMORY VERSE:

Exodus 20:8 "Remember the Sabbath day, to keep it holy."

PUT ON A SMILE!



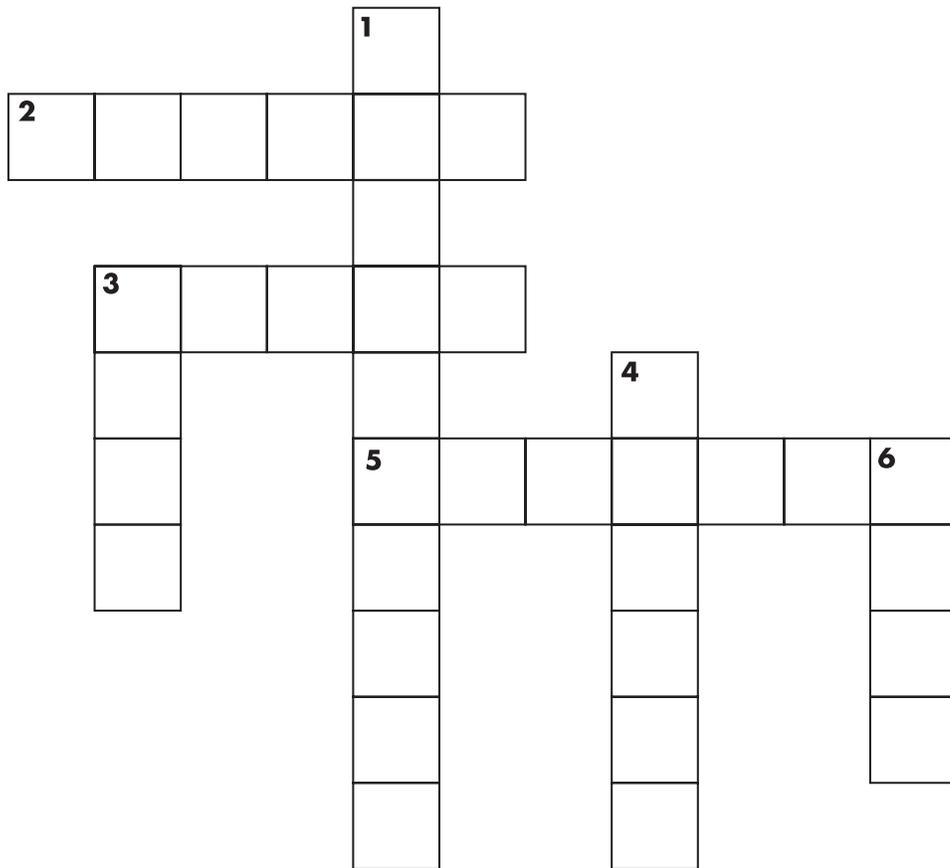
Draw a large face on a big sheet of poster board—include the hair, nose, eyes, etc., but...

NO MOUTH!

Have each child cut out a smile from construction paper. If the class is large, save time by cutting out a variety of smiles and pass these out to the students. Put a piece of double-stick tape on the back of the paper smile. Blindfold the students, one at a time, and have them put the smile onto the face. (Play this game in same manner as "Pin the Tail on the Donkey.")



SABBATH CROSSWORD PUZZLE



- 1 Down The Sabbath is a time when we _____ with others.
- 2 Across We learn God's ways if we _____ to the ministers.
- 3 Across It is a day to be happy and _____.
- 3 Down Many of the songs that we _____ are ____ (4 Down)_____.
- 5 Across We show that we love God when we _____ Him.
- 6 Down When we _____, we are talking to God.

Use these words in your puzzle:

LISTEN • SMILE • FELLOWSHIP • PRAY • SING • WORSHIP • PSALMS