

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level 2 • Unit 3 • Week 4

THE SABBATH DAY

OBJECTIVE:

To show that God rested on the Sabbath at creation and wants us to continue keeping the Sabbath as a reminder of the “rest” that is promised to His people in the coming Kingdom of God.

ATTENTION GETTER:

Ask: How many of you have ever wanted to be able to go back in time for a little while—to see what things were like many years ago?

Say: Today we are going to take a trip on an imaginary time machine. We will imagine that we are there in the Garden of Eden on the very first Sabbath. Remember, God has just had a very busy week creating all the plants and animals. He made the earth a nice place to live. And then He gave life to Adam and Eve. So let's see what they're up to now.

Ask: Is everybody ready to travel back in time? Okay, fasten your seat belts.

Say: Let's program the machine to land us in the Garden of Eden. Let's arrive around sundown on what we would call Friday evening—as the seventh day is just beginning. Here goes!

Do: Flicker the lights in the classroom and then leave them off for a few seconds. Or have the children close their eyes momentarily if it is not feasible to darken the room. Then turn some of the lights on again or have the children open their eyes.

Say: Imagine that we are in the beautiful garden while the sun is setting. Can you smell those beautiful flowers? Look at the bubbling brook. There's a man...and a woman: Adam and Eve! Let's not get too close at first. Shhh. They are talking to someone else.

Ask: Who could that be?

Say: Right. It must be God. Listen. He is telling them about His Sabbath. He says that He blessed the Sabbath day and they should rest every seventh day along with Him. Now He's leaving as He tells them to have a good Sabbath.

Ask: Do you want to go talk to Adam and Eve now?

Say: Okay, here goes.

[As if talking to Adam and Eve] "Hello. We came to spend a little time with you at the start of this first Sabbath.

"What are you doing?—Oh yes, I guess you would need a break from naming all the animals—there are so many of them—and from tending the garden, too!

"It was thoughtful of God to have given you a special day to rest to enjoy this paradise even more. Well, I guess we'd better get back to our lesson now."

Ask: Are you ready to go back to the present? We wouldn't want to stay too long and get stuck in the past, would we? Climb back on the time machine. Is everyone ready?

Do: Flicker the lights a bit and then turn them all on. Leave them on.

Say: Here we are back in the twenty-first century!

BIBLE LESSON:

Say: We found out that Adam and Eve rested from their work on the Sabbath day.

Ask: What kind of work did God rest from?

Say: During that first week He separated the light from darkness, divided the seas from the land, planted a huge garden and made incredible numbers of kinds of animal life (including the insects). God then created Adam and Eve. He did all of this in only six days!

Ask: If God could do all that work in six days, do you think people could get their smaller amounts of work done in six days?

Say: Yes, we can plan our time to get our work done in six days so we can enjoy the Sabbath.

Ask: Does God really care if we keep his Sabbath?

Say: He cares so much that he made it one of the Ten Commandments. In the book of Deuteronomy, chapter 5, verses 12-15, He said to keep the Sabbath day holy.

Ask: Do you know what “holy” means?

Say: Holy is a word that means very, very special—in honor of our awesome Creator. He also reminded the Israelites in this scripture that He was the one that rescued them from slavery so they could have rest and enjoy the weekly Sabbath. God knows that everyone needs a rest every seventh day—both for our bodies and for our minds.

Ask: How can we rest our minds on the Sabbath?

Say: We can rest our minds by thinking of good things. We can thank Jesus for making it possible for us to be in God’s kingdom.

Ask: Did you know that God’s Sabbath actually pictures God’s coming kingdom?

Say: God’s kingdom will be a “rest” from the problems of the world.

Ask: Did Jesus keep the Sabbath?

Say: Yes. Jesus went to church on the Sabbath. In those days the meeting place was called a synagogue. We read about this in the book of Mark 1:21 and Luke 4:16. We follow Jesus’ example by going to church services.

Ask: Why do we begin keeping God’s Sabbath on Friday evening at sunset?

Say: God figures days in a different way than we are used to. We usually think of a day as beginning either at midnight or at sunrise. But God begins each new day at sunset. God stated in Genesis 1:5: “And the evening and the morning were the first day.”

Ask: Did you know that the weekly Sabbath is listed as a feast day?

Say: Yes, right before the other Holy Days, the book Leviticus in chapter 23 tells us that our weekly Sabbath is a feast day. So to help us feast on this day we are going to make a special treat.

LESSON APPLICATION:

Chocolate Brownie Sabbath Delight
(Or another treat can be substituted.)

Give each student a paper plate with a brownie on it. Pass around spoons and containers of toppings, such as whipped topping, chopped nuts and maraschino cherries for each child to make his own treat.

While eating, talk about how God wants us to delight in His Sabbath day. Discuss other ways we can make the Sabbath special. (Examples: Go on a short nature walk to explore creation. Write Sabbath notes to your friends or to people who are ill and unable to go to church.)

Music:

Teach the students to sing the following lyrics to the tune of "Doe-Re-Mi" from *The Sound of Music*.

A Sabbath Song

Sun-set's when God's Sab-bath starts.
It's a ver-y spe-cial day:

A day of rest and thoughts of God.
We get close to Him that way.

Je-sus knows our every need—
We need a break from all our work,

And things we do on other days...
We're so glad that sun-set's here, here, here, here...

(Return to the beginning for a second time.)

MEMORY VERSE:

Leviticus 23:3 "Six days shall work be done, but the seventh day is a Sabbath of solemn rest, a holy convocation. You shall do no work on it; it is the Sabbath of the LORD in all your dwellings."

family activity

THE POINT:

God rested on the Sabbath at creation and wants us to continue keeping the Sabbath as a reminder of the “rest” that is promised to His people in the coming Kingdom of God.

ASK ME...

Why do we keep God’s Sabbath?

Did Jesus keep the Sabbath?

Is the weekly Sabbath a feast day?

FAMILY TOGETHER TIME:

Make a special drink—“Sunset Glow Sabbath Drink”—to enjoy at sunset on Friday evening. Pour cold orange juice into a tall clear glass leaving a little space at the top. Slowly add about about 3 table-spoonfuls of frozen concentrated red fruit punch to the bottom of the glass (without diluting first). The fruit punch should remain somewhat separate to look like the red glow of a sunset. Garnish with an orange slice and/or a cherry. Enjoy it with your child as you watch the sunset!

Help your child write Sabbath notes. To keep it simple, get a small, preferably multicolored notepad and a package of stickers. The child may write notes and/or draw pictures. Fold each note twice and hold together with a sticker. Write the recipients’ names on the front and pass out to friends and family.

MEMORY VERSE:

Leviticus 23:3 “Six days shall work be done, but the seventh day is a Sabbath of solemn rest, a holy convocation. You shall do no work on it; it is the Sabbath of the LORD in all your dwellings.”