

SABBATH SCHOOL

Level 3 • Unit 3 • Week 4

THE SEVENTH-DAY SABBATH

OBJECTIVE:

To learn why we keep the Sabbath on Saturday instead of Sunday.

ATTENTION GETTER:

Hold up a large calendar in front of the class for the students to see, then turn it around so the children cannot see the print.

Ask: Without looking, can anyone tell me what the second day of the week is?
[Answer: Monday.]

Ask: How about the fifth day of the week?
[Answer: Thursday.]

Ask: Now this could be a tough one, what's the seventh day of the week?
[Answer: Saturday.]

Ask: Great! Can anyone tell me what's special about the seventh day of the week?
[Possible answers: It's the Sabbath. It's a Holy Day. God created it.]

Say: The seventh day of the week is Saturday. What makes it special is that it is the Sabbath. Today, we're going to talk about why we keep the Sabbath on Saturday.

BIBLE LESSON:

Turn the calendar around to face the children.

Say: Did you know that some people think the Sabbath is on Sunday?

Do: Point to the calendar.

Say: We can tell just by looking at a standard calendar that Sunday is the first day of the week, not the seventh day.

Say: Let's look in the Bible for answers about the Sabbath.

Ask: Can anyone think of a verse in the Bible that talks about the Sabbath?
[Targeted answer: Exodus 20—the Fourth Commandment.]

Say: Let's begin where God tells us to "Remember the Sabbath day"—the Fourth Commandment. Turn to Exodus 20:8-11.

"Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it."

Ask: What do we learn from these verses? [We are to remember the Sabbath. The Sabbath is holy. No one is to work on the Sabbath. We have six days to work. God rested on the seventh day.]

Say: The Sabbath is very important to God and His people. More guidelines were given in Exodus 31:15-17. Let's turn there now:

"Work shall be done for six days, but the seventh is the Sabbath of rest, holy to the LORD. Whoever does any work on the Sabbath day, he shall surely be put to death. Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. It is a sign between Me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed."

Ask: Did you hear anything very strong in these verses?

Say: In ancient Israel, those who did work on the Sabbath were to be put to death. Though people are not put to death today, this reminds us that it is a serious thing to break the Sabbath commandment.

The children of Israel are to keep the Sabbath forever.

The Sabbath is a sign between God and His people. We as the Church of God are now God's people.

Say: God used manna and the guidelines that applied to it to teach His people about the Sabbath. Turn to Exodus 16:21-26. [If time permits, Exodus 16:12-30.] Here's the

example when God sent manna to the Israelites in the wilderness. A summary is found in Exodus 16:25-26.

"Then Moses said, 'Eat that today, for today is a Sabbath to the LORD; today you will not find it in the field. Six days you shall gather it, but on the seventh day, the Sabbath, there will be none.'"

Ask: What are some special things that you and your families do on the Sabbath? How do you keep the Sabbath holy? [Take answers.]

Say: These are good ideas. It is obviously important to God that we keep the Sabbath on the correct day and that we do things that show that we honor it as a special day.

Conclusion: We do not observe Sunday as a day of rest because it is not commanded in the Bible. We do keep the Sabbath day holy because it is the Fourth Commandment and God tells us to keep it holy.

LESSON APPLICATION:

Since the Sabbath is so important and is specially listed as one of the Ten Commandments we're to keep, we are going to make some edible Commandments.

Supplies Needed:

- Two full graham crackers for each child.
- Bowl of frosting
- Bowl of small chocolate chips, chocolate sprinkles, etc.
- New craft sticks
- Plastic knives

Give each child two graham crackers. These are his/her tablets.

Using a plastic knife, have the child frost one side of each graham cracker.

Have the child decorate the crackers with the chocolate chips, sprinkles, etc.

Using the craft stick, have the child "write" in the frosting the words, "Keep the Sabbath holy."

During this craft time, continue to discuss ways the children keep or could keep the Sabbath holy and special.

Eat the snacks.

Music:

Sing to the tune of "Clementine."

Remember the Sabbath.
Remember the Sabbath.

Remember to keep the Sabbath day.

Because it's holy.

Because it's holy.

Because it's holy, as God did say.

MEMORY VERSE:

Exodus 31:16-17 "Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. It is a sign between Me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed."

family activity

THE POINT:

To reinforce why we keep the Sabbath on Saturday instead of Sunday.

ASK ME...

- What is special about the Seventh Day? (It's the Sabbath.)
- Which of the Ten Commandments is about the Sabbath? (The fourth: "Remember the Sabbath day to keep it holy.")
- What are three special things you could tell me about the Sabbath? (Possible answers: We're to remember it. The Sabbath is holy. No one is to work on the Sabbath. We have six days to do our work. God rested on the seventh day. God's people are to keep the Sabbath forever. The Sabbath is a sign between God and His people.)
- Why don't we keep Sunday?

FAMILY TOGETHER TIME:

Talk with your child about the Sabbath and what they enjoy doing to make it special.

MEMORY VERSE:

Exodus 31:16-17 "Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. It is a sign between Me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed."