

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level 4 • Unit 3 • Week 4

THE SABBATH DAY

OBJECTIVE:

To show that Christ kept the Sabbath, but not according to the tradition of the Pharisees. He understood that it was right to do good on the Sabbath.

ATTENTION GETTER:

Take a short nature walk nearby. Marvel at the plants and trees. Look at the sky. Breathe the fresh air.

As an alternative, admire a beautiful bouquet of flowers or pictures of beautiful scenes from nature.

Say: God made all this and more in the six days of creation, and then He created the Sabbath by resting and admiring His work, teaching Adam and Eve about their new home and His wonderful ways. For us the Sabbath is a day of rest to admire God's handiwork and learn about God's way, His work and His plan for all people.

BIBLE LESSON:

Do: Read with expression and energy. Use props and objects to illustrate the story whenever you can—grain to pour, a book to open, a Band-Aid for the bloody Pharisee, a fly swatter.

Say: In Mark 1:21-28 we read about Jesus and His followers. They went to to Capernaum, and on the Sabbath day Jesus, went into the synagogue and began to teach. The people there were amazed at His teaching. He did not teach like their teachers of the law. He taught like a person who had authority. While He was in the synagogue, a man was there who had an evil spirit in him. The man shouted "Jesus of Nazareth! What do you want with us? Did you come to destroy us? I know who you are—God's Holy One." Jesus said strongly "Be quiet! Come out of the man!" The evil spirit made the man shake violently. Then the spirit gave a loud cry and come out of him. The people were amazed. They asked each other, "What is happening here? This man is teaching something new, and He teaches with authority. He

even gives commands to evil spirits and they obey him." And the news about Jesus spread quickly everywhere in the area of Galilee.

Say: Jesus amazes the crowd, and He is famous now! Everybody is talking about Him!

Ask: Did he really heal a man? And did he heal him on the Sabbath day? Is that okay with God? Is it okay to help someone on the Sabbath?

Say: Then Jesus went to his boyhood home.

Do: Read Luke 4:16-18. "So He 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. And He was handed the book of the prophet Isaiah. And when He had opened the book, He found the place where it was written: 'The Spirit of the LORD is upon Me, Because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed.'"

Ask: Did Christ go to church on the Sabbath? Did Christ also say it was good to heal?

Say: One of the main gifts Christ gave while here on this earth was healing. The Sabbath is a day we all go to church to learn about God. Jesus Christ went to the temple and the synagogues (equivalent to our churches today) on the Sabbath. But while there, He also healed.

Do: Read Mark 2:23. "Now it happened that He went through the grain fields on the Sabbath; and as they went His disciples began to pluck the heads of grain."

Ask: Was that okay? Is it okay to pick a little grain from somebody's field or is that stealing? Deuteronomy 23:25 says it is okay to pick a few grains with your hand out of a neighbor's field, but if you bring a sickle to harvest you are in big trouble.

Do: Read Mark 2:24. "And the Pharisees said to Him, 'Look, why do they do what is not lawful on the Sabbath?'"

Say: The Pharisees thought the disciples were not keeping the Sabbath. They figured that plucking a few grains was harvesting on the Sabbath. The Pharisees had rules for everything. One kind of Pharisee was called the Bleeding Pharisee. This kind walked around with his eyes closed so as not to see a woman. (He might see or think something bad.) These Pharisees often ran into things and so were frequently wounded and bleeding. Pharisees were so caught up in the small details that they forgot the more important things.

Do: Have one of the students play like they are a "blind" Pharisee walking around bumping into things. Then place the Band-Aid on the student's forehead. Also have two of the students play the role of a Pharisee and an Israelite. Have the Israelite swat a fly and have the Pharisee say, "You can't do that, you're breaking the Sabbath!"

- Do: Read Mark 2:27-28. "And [Jesus] said to them, 'The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath.'"
- Ask: Which way is it? "Man was made for the Sabbath" or "the Sabbath was made for man"? Can any of you tell me the difference? Who is Lord of the Sabbath?
- Do: Explain the difference between these statements. The Sabbath did not exist before man was created. See Genesis 1 and 2. The Sabbath is not to be worshiped. But after man was created, God made the Sabbath to serve man. Christ is the master (Lord) of the Sabbath. He's the one, the Word of God, who tells us what is right and what is wrong on the Sabbath. He instructed us to meet together on the Sabbath and learn God's way so we can measure up to the standard of Jesus Christ. One of those standards is doing good on the Sabbath day.
- Say: In Luke 11 Jesus told the Pharisees "You guys make up strict rules that are so hard to follow you don't even follow them yourselves! Cut it out!" Then the teachers of the law said, "Hey, You just insulted us!" Christ answered, "You get in the way of knowledge. You keep others from learning the truth. Stop it!" Now the Pharisees were really mad. They tried to catch Jesus in things He might say and they plotted to kill Him. What do you think Jesus did after that? Did He go on breaking the Pharisees' silly man-made rules and risk their dangerous anger?
- Do: Read Mark 3:1-6. "And He entered the synagogue again, and a man was there who had a withered hand. So they watched Him closely, whether He would heal him on the Sabbath, so that they might accuse Him. And He said to the man who had the withered hand, 'Step forward.' Then He said to them, 'Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?' But they kept silent. And when He had looked around at them with anger, being grieved by the hardness of their hearts, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored as whole as the other. Then the Pharisees went out and immediately plotted with the Herodians against Him, how they might destroy Him."
- Ask: Well, did those angry Pharisees get Him? What happened to Jesus Christ? What did Jesus do after He died on the cross? What happened to that struggling little New Testament Church? Did the New Testament Church keep the Sabbath?
- Say: God allowed the Pharisees to succeed in their malicious plans. Jesus Christ was crucified and died. But then Jesus was resurrected to eternal life, and the New Testament Church continued to joyfully observe the Sabbath but not under the rules of the Pharisees—only under God's rules and following Christ's example.
- Say: We read in Acts 18 about how Paul traveled from Athens to Corinth and met Aquila and Priscilla. On the Sabbath Paul went to the synagogue and talked with Greeks and Jews. He spent his time telling people the good news. He showed people that Jesus is the Christ, but most Jews wouldn't accept it. Paul said, "That's it! It is your own fault! From now on I will go teach the gentiles," (non-Israelites). He moved to the house of Titius Justus (who worshiped

the true God) and whose house was next door to the synagogue. Many Corinthians believed and were baptized. One night the Lord spoke to Paul in a vision saying, "Do not be afraid, but speak, and do not keep silent; for I am with you, and no one will attack you to hurt you; for I have many people in this city" (verses 9-10).

Ask: Who did Paul preach to? What people were more serious in believing? Why is Paul called the apostle to the gentiles?

Do: Read Acts 17:2. "Then Paul, as his custom was, went in to them, and for three Sabbaths reasoned with them from the Scriptures."

Ask: How many of you think God did not want the gentiles to keep the Sabbath?

Say: If God didn't want all mankind (gentiles just means "the nations") to keep the Sabbath, Paul missed a great opportunity here with the gentiles. He could have told them, "Next week we will be meeting on Sunday." But he didn't. God wants all nations, all mankind, to keep the Sabbath.

LESSON APPLICATION:

First Part—Play Ball.

A beach ball with a world globe on it would be good. Toss a beach ball from student to student. Each child catching the ball should name a country where the Sabbath is kept, or will be kept in the world tomorrow.

Second Part—Continue to Toss the Ball.

Ask: What did Jesus do on the Sabbath?

(He healed the sick, He fulfilled Scripture, He walked and plucked grain, He taught, He went to synagogue, He read the Scriptures. He did good works on the Sabbath.)

What did Paul do on the Sabbath?

(He went to synagogue, to church. He talked with Jews and Greeks. He told people the good news. He taught the teachings of Christ. He taught the gentiles.)

Third Part—Still Playing Ball.

Ask: Name a way you can keep God's Sabbath that will make Jesus Christ smile.

(Nature walk, read the Bible, go to Church, talk to people, help someone, sing special music, ride a bike to appreciate God's creation, skate to the park, visit shut-ins, sing for the elderly who can't come to church, help set up for church, help put things away after church.)

family activity

THE POINT:

God made the Sabbath day to help people. Jesus Christ is Lord of the Sabbath.

ASK ME...

What did Jesus do on the Sabbath?

What did Jesus do that made the Pharisees mad?

What kind of rules did the Pharisees have?

FAMILY TOGETHER TIME:

Start a new family Sabbath tradition. Bring a Proverb to dinner. Each family member and guest writes a proverb on a card. During Sabbath dinner each person reads their proverb.

Take a nature walk. Take a sketch book or make a scrapbook of leaves.

Play charades of people and stories from the Bible.

Pick a story or parable from the Bible and decorate your Sabbath table with ideas from the story. Turn the lights low and perhaps act out the story Sabbath evening or have someone read or tell the story.

Fill in the missing words:

- Mark 2:27-28 "And He [Jesus] said to them, 'The _____ was made for _____, and not _____ for the _____. Therefore the Son of Man is also _____ of the _____.'"
- Luke 11:46 "And He said, 'Woe to you also, lawyers! For you _____ men with _____ hard to bear, and you yourselves do not touch the burdens with one of your _____.'"
- Mark 3:1-2 "And He entered the _____ again, and a man was there who had a _____ hand. So they _____ Him closely, whether He would heal him on the _____, so that they might _____ Him."

MEMORY VERSE:

Mark 2:27-28 "And Jesus said to them, 'The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath.'"