

SABBATH SCHOOL

Jr. High School Sabbath Instruction Program — Teacher's Outline

Level J • Unit 5 • Week 1

THE SABBATH REST

OBJECTIVE:

To learn what God teaches about the Sabbath and how He expects us to keep it holy.

INTRODUCTION:

Imagine this situation: You have a very close friend from school who shares the same interest in music as you do. You both collect one group's albums, videos and posters. One day your friend comes up to you and is very excited. She says, "Guess what! My parents just bought tickets to our favorite group's concert and said I could invite a friend! The concert is next Friday night! Do you want to go?"

You know this concert falls on the Sabbath. What might you say or do and why? [Let students discuss the situation for a short period of time.]

LESSON:

Today we are going to look at scriptures that answer two main questions so you know what you would do in this situation. These questions are [point to the questions on the graphic organizer—have copied on white board if possible]:

1. What does God teach about the Sabbath?
2. Knowing what God expects of you, what should you do (or not do) to keep the Sabbath holy?

Right now, as a group, I want you to take a minute to discuss and write what you know about these questions on the board.

Let's look at these scriptures to help us answer our questions. [After looking at and discussing each scripture, have a student write its meaning or application on the graphic organizer.]

What does God teach about the Sabbath?

- Exodus 20:8: The Fourth Commandment.
- Genesis 2:1-3: How God created the Sabbath.
- Mark 2:27: Why God created the Sabbath.
- Exodus 31:15: The Sabbath is a sign and a blessing.

Knowing what God expects of you, what should you do (or not do) to keep the Sabbath holy?

- Luke 4:16; 13:10-17: What Christ did on the Sabbath.
- Isaiah 58:13-14: How God wants us to keep the Sabbath.
- Hebrews 10:25: Church on the Sabbath.
- Luke 14:5: Emergencies.
- Mark 2:23: Necessities.

CONCLUSION:

Let's take a quick look at our questions and the answers we have found for them.

ACTIVITY:

Think back to the situation we spoke of in the beginning. In groups of two or three, play out a short conversation between you and your friend in which you discuss what your choice is and why.

Questions	Currently Know	Scriptures (How to Find Out)	Learned
<p>What does God teach about the Sabbath?</p>		<p>Exodus 20:8: The Fourth Commandment.</p> <p>Genesis 2:1-3: How God created the Sabbath.</p> <p>Mark 2:27: Why God created the Sabbath.</p> <p>Exodus 31:15: The Sabbath is a sign and a blessing.</p>	
<p>Knowing what God expects of you, what should you do (or not do) to keep the Sabbath holy?</p>		<p>Luke 4:16; 13:10-17: What Christ did on the Sabbath.</p> <p>Isaiah 58:13-14: How God wants us to keep the Sabbath.</p> <p>Hebrews 10:25: Church on the Sabbath.</p> <p>Luke 14:5: Emergencies.</p> <p>Mark 2:23: Necessities.</p>	