**Bible Point**

**We please God by respecting the Lord’s Day.**

**Bible Verse**

“You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God” (Exodus 20:9-10a).

**Growing Closer to Jesus**

Students will
- experience the need for rest,
- identify activities that are restful and relaxing to them,
- connect the Lord’s day with worship, and
- discover that helping others is a way to respect the Lord’s Day.

**Teacher Enrichment**

**Bible Basis**

* Keep the Sabbath as a holy day.

**Exodus 20:8-11**

The Ten Commandments are described as the “terms of the covenant” in Exodus 34:28, probably because they summarize the entire body of the Old Testament law. Commandments one through four speak of what it means to love God, while commandments five through 10 speak of what it means to love others. Jesus said the greatest of all the commandments is, “You must love the Lord your God with all your heart, all your soul, and all your strength” (Deuteronomy 6:5). He added that the second greatest commandment was “Love your neighbor as yourself” (Leviticus 19:18). These two commandments sum up the entire message of the Old Testament (Matthew 22:34-40).

The picture the Ten Commandments painted for the Israelites is still relevant today. How is observing a day of rest an act of love toward God? First, we show God and others that we believe he ultimately is the one who provides for our needs. Second, we show our love to our family and friends by setting aside time for them and enjoying their presence.


**Prayer**

- Read Hebrews 10:25.
- Besides rest and worship, what purpose does Hebrews give for gathering with fellow believers on the Lord’s Day?
- Pray: Ultimately it is you who provides for all my needs. Help me never to think it is more important to use your day to pursue my own ends rather than yours. In Jesus’ name, amen.
Lesson 6

Before the Lesson

- Collect the necessary items for the activities you plan to use, referring to the Classroom Supplies and Learning Lab Supplies listed on the chart.
- Make photocopies of the “Hands-On Fun at Home” handout (at the end of this lesson) to send home with your students.
- Pray for your students and for God’s direction as you teach the lesson.

This Lesson at a Glance

<table>
<thead>
<tr>
<th>What Students Will Do</th>
<th>Classroom Supplies</th>
<th>Learning Lab Supplies</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Attention Grabber</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creation Fatigue—Play a game and experience fatigue.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Bible Exploration &amp; Application</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Six Plus One—Identify whether activities are work or play, and read Exodus 20:8-11.</td>
<td>Bibles, paper, markers, masking tape, snacks, napkins</td>
<td></td>
</tr>
<tr>
<td>That's an Order!—Play a game to find out that following commands can be fun, and read Isaiah 58:13-14.</td>
<td>Bibles</td>
<td></td>
</tr>
<tr>
<td><strong>Closing</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lord’s Day Choices—Tell choices they’ll make to enjoy the Lord’s Day.</td>
<td>Bibles, a variety of small tools</td>
<td></td>
</tr>
</tbody>
</table>
Welcome

As kids arrive, ask them how they applied last week’s lesson to their lives. Ask questions such as, “As you went through the week, what things did you realize you were making more important than God?” and “What new ways did you find to worship God with your family?”

Tell kids that whenever you blow the trumpet twice, they are to stop talking, raise their hands, and focus on you. Explain that it’s important to respond to this signal quickly so the class can do as many fun activities as possible.

Attention Grabber

Creation Fatigue

SUPPLIES: none

Have kids stand in a circle facing inward. Say: We’re going to play a game called Creation Fatigue. I’ll call out the names of some of God’s creations. If the creation is above the earth—a cloud or a bird, for example—stand up and wave your arms over your head. Demonstrate the action, and have kids follow along.

If the creation is in the sea—a shark or an octopus, for example—sit down and make swimming motions with your arms. Demonstrate the action, and have kids follow along.

If the creation is on land, such as a tree or a person, stand up and run in place. Demonstrate the action, and have kids follow along.

Keep doing one motion until I call out the next creation. Let’s see how quickly you can do the correct motions.

Quickly call out these creations:
• cloud
• fish
• person
• mountain
• sun
• seaweed
• bush
• bird
• octopus
• mosquito
• whale
• tree

Call out names quickly until kids ask you to stop or seem to be getting tired. Then say: You did a good job trying to keep up. Let’s take a couple of deep breaths and sit down. Have kids sit in a circle.

Ask: • How do you feel now that this activity is over? (Tired; exhausted; excited; happy.)

It's important to say the Bible Point just as it’s written in each activity. Repeating the Bible Point over and over throughout the lesson will help kids remember it and apply it to their lives.
• When do you get really tired during the week? (After playing hard; after doing my chores; after a long day of school.)

• What do you like to do when you’re tired? (Lie down; sit and rest; have a cold drink.)

• Do you think God ever gets tired? Why or why not? (No, he’s God; no, God is all-powerful; yes, because God has so much to do.)

Say: God worked hard for six days creating the universe and everything in it. God rested on the seventh day. God set aside a special day for us to rest and to remember that we belong to him. It comes every seven days. While we are resting and relaxing, God wants us to think about him and all he has done for us. ► We please God by respecting the Lord’s Day.

**Bible Exploration & Application**

### Six Plus One

**SUPPLIES:** Bibles, paper, markers, masking tape, snacks, napkins

Before class, place a long line of masking tape on the floor at a right angle to a wall. Write “Work” on a sheet of paper, and tape it to the wall to the left of the line; write “Play” on a sheet of paper, and tape it to the wall to the right of the line.

Have kids stand on the tape in a single-file line.

Say: I’m going to name some activities. If you think the activity is work, jump to the left side of the line, and shout “Work.” Jump to the right side of the line and shout “Play” if you think the activity is play.

Call out the following activities. Add your own ideas, too, but be sure to include activities that would be work for some people and play for others.

- swimming
- running a race
- reading a book
- baby-sitting
- writing a story
- drawing a picture
- shooting baskets
- jumping rope
- brushing the dog or caring for pets
- using a computer
- practicing a musical instrument
- answering all these questions!

Have students sit in a circle.

Ask: What did you discover as we played this game? (There are a lot of things people think are work; not everybody agreed about what was work and what was play.)

Say: We sure have a lot of different ideas about work and play. Let’s see what the Bible says about work.

Distribute Bibles, and help kids find Exodus 20:8-11. Ask a volunteer to read the passage aloud while others follow along in their Bibles.

Ask: What does God say about work? (Work for six days; relax and rest on the seventh day; remember God on the seventh day.)

• Why did God set aside a special day for us? (So we could have a day off; so we would think about what God has made.)
• At your home, what things are set aside for a special purpose or for special occasions? (My mom’s computer can be used only for work; not games; I wear my good shoes only to church and on special occasions; we have nice dishes and silverware for when company comes.)

• Why would you keep some things for a special purpose? (So they’ll stay nice; to show it’s a special occasion; because my parents say so.)

Say: We all have things we keep for special times in our lives. God loves us, so he has set aside a special day of rest for us. Let’s see how God’s special day might work in your life. I’ll give you a napkin and seven snack pieces. Group six of them close together. Set the last piece apart. Don’t eat any of the pieces until I tell you to. Form pairs. Give each person seven pieces of a snack such as pretzels, chips, or small crackers.

Say: Let’s imagine that each of the snack pieces is a day of the week. The group of six pieces will represent your workweek. The piece that’s set apart will represent God’s special day. Hold up the first piece from the group of six. That will be the first day of your workweek.

Have partners discuss the following questions. Pause after you ask each question to allow time for discussion.

Ask: • What kind of work do you usually have to do on the first day of your workweek? (Go to school; do homework; go to ballet; practice my instrument.)

Say: Go ahead and eat the first piece. Then pick up the second piece.

Ask: • What kind of work do you have to do on the second day of your workweek?

Continue for each day of the week. Have partners tell what work they have to do and then eat the snack for that day. When you get to the seventh piece, say: Whew! That was a busy week! Now imagine that you’re getting ready for the day that God has set aside for rest. I’m going to give you each a sheet of paper and a marker. While you eat the seventh snack piece, write or draw some activities that are restful and relaxing for you.

Give each person a sheet of paper and a marker. After about two minutes, blow the trumpet twice, and wait for kids to respond. One at a time, have kids describe their restful and relaxing activities. Display the papers on a bulletin board or wall.

Say: We have lots of ideas about ways to rest and relax. Maybe you can try some of these ideas today. God has given us six days to do all our work. God set apart the seventh day so we can worship him and relax. ►We please God by respecting the Lord’s Day.

HANDS-ON BIBLE

Make sure kids have their Hands-On Bibles.

Have students turn to page 77 in their Bibles and complete the “Whadya Say?” activity found there. When kids are finished, ask:

• What did you learn about listening for God’s voice? (God still talks to us today; I can listen to God by reading my Bible; God talks to us through other Christians.)

Say: One way we can respect the Sabbath day is to spend time listening to God on his day. ►We please God by respecting the Lord’s Day.
Lesson 6

**That's an Order!**

**SUPPLIES:** Bibles

As you introduce the next activity, act as if it's going to be something you'll have to force kids to do. In your most "commanding" voice, say: **Now just sit where you are. You're going to have to do an activity. Doing this activity is like following a commandment. You're supposed to follow a commandment whether you like it or not. So, like it or not, here's what you're supposed to do.**

Choose one person to be "It" and have everyone else stand in a circle around him or her. Have It wear the *catch ball ring*. Take the ball from the ring, and say: **We're going to play Catch Ball Tag. We'll throw this ball across the circle from person to person. It will try to tag the person who's holding the ball. When it tags a person, that person will become the new It, put on the ring, and stand in the middle. Then the people in the circle will begin tossing the ball again, and the game will continue.**

Toss the ball across the circle to start the game. After several people have had a chance to be It, blow the *trumpet* twice, and wait for kids to respond. Have kids sit in the circle. Place the *catch ball ring* out of sight for use in later lessons.

Ask: **When I told you that you had to do something, what was your reaction?** (I was scared that it might be something hard or bad; I was worried because I thought it might not be fun.)

• **How do you feel when you're commanded to do something in real life?** (Mad, because it’s probably something that’s awful to do; disappointed, because it’s something I probably wouldn’t do if I had a choice.)

• **What surprised you about this activity?** (It was fun even though you said we had to do it; some things we’re told to do turn out better than we think they will.)

Say: **Sometimes we don't want to do what we're told to do. But rules are usually for our own good. And sometimes, as in our game, we discover we actually enjoy following the commands! Let's discover some ways we can enjoy God's command to rest one day a week.**

Have kids form trios. Help kids find Isaiah 58:13-14. Explain that the book of Isaiah is just a little past the middle of the Bible. Have kids take turns reading aloud the Bible passage in their trios. Then have them discuss the following questions. Pause after you ask each question to allow time for discussion.

Ask: **After reading the passage, what do you think God wants us to do on the Lord's Day?** (Remember God; do good things; praise God.)

• **What are some different kinds of things we can do on the Lord's Day to show we remember God?** (Go to church; pray; sing songs; give thanks; go for a hike in God’s creation; spend time with our families.)

Blow the *trumpet* twice, and wait for kids to respond. Invite them to share insights from their discussions.

Say: **God wants us to rest, worship, and remember him on the Lord's Day. We can enjoy worship by singing, praying, and thanking God for all he does for us.**

**Bible Insight**

Sabbath means "ceasing" or "rest," and Moses used the term to signify both "God's day" (Exodus 16:23) and "God's gift" (Exodus 16:29). Thus the fourth commandment stresses the importance of the Sabbath as both a blessed day and a hallowed day.
Say: God wants us to set aside one day each week to honor him. Jesus showed us how to do this. He loved going to the Temple to worship. He also showed us that loving others on the Sabbath is important. Jesus did everything to honor God the Father. He is our perfect example of how to live.

Play “Sabbath Healing” (track 7) on the CD. In this story, two Pharisees try to catch Jesus healing on the Sabbath. The story is based on Luke 13:10-21.

Stop the CD player. Then say: Imagine that it’s Sunday. You cut your arm badly, and you go to the emergency room. Blood is pouring out of your arm, and the doctor says to you, “Come back on Monday. I don’t work today because I respect the Lord’s Day.”

Ask: • What would you say? (Help me—I’m going to bleed to death before Monday; I need help now, not tomorrow; it’s OK to help people on the Lord’s Day.)

• How would this situation be like Jesus’ healing the woman with the crippled back? (The woman wanted help as soon as possible; Jesus knew the woman needed help right then.)

Say: Jesus respected the Sabbath, but he knew it was OK for him to heal the woman. Distribute Bibles, and help kids find Matthew 12:9-13. When everyone has found the passage, ask a volunteer to read it aloud.

Ask: • What did Jesus say is lawful to do on the Sabbath? (Good things; heal people; help people.)

Form groups of no more than four. Distribute the prism shapes so that each group has the same number of shapes. Have each group choose a Recorder, Reporter, and Encouragers. Give each Recorder a pencil, a strip of masking tape, and the same number of index cards as prism shapes.

Say: The prism shapes remind us of the Lord’s Day. It should be the sparkling star of the week, a day we look forward to. We respect the Lord’s Day as we rest, relax, remember God, and help others in need.

Helping others is a way to show respect for God and God’s creations. In your groups, think of good deeds you could do on the Lord’s Day as a way of showing respect to God. Think of one good deed for each prism shape. For example, a good deed could be to clean up the dinner dishes without being asked or to spend time playing with your younger brother or sister. Recorders, write one idea per index card and then tape a prism shape to each card. Encouragers, urge group members to think of ideas. Reporters, read your group’s ideas to the class when I give the signal.
While groups are working, hang six 6-foot lengths of masking tape from a bulletin board, wall, or doorway. Hang one 6-foot length of curling ribbon beside the sixth length of tape.

After about three minutes, blow the trumpet twice, and wait for kids to respond. Have kids gather near the hanging tape.

Say: *God set the Lord’s Day apart from other days of the week. We can honor God on the Lord’s Day by relaxing, worshipping God, and helping others in need. The six strands of masking tape represent the six days of our workweek. The curling ribbon represents the Lord’s Day.*

Have Reporters read their groups’ good deeds. While sharing an idea, the Reporter will tape that index card to the curling ribbon. After all the cards have been hung, say: *We can make the Lord’s Day shine by resting, worshipping, and doing good deeds. ➤We please God by respecting the Lord’s Day.*

Leave out the masking tape, curling ribbon, and index cards with prism shapes as a visual reminder of the lesson; then return the prism shapes to the Learning Lab for use in future lessons.

**Closing**

### Lord’s Day Choices

**SUPPLIES:** Bibles, a variety of small tools

Set out the fan, the tools, and an open Bible. Gather kids in a circle around the items.

Help kids find ➤Exodus 20:9-10a in their Bibles: “You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God.”

When everyone has found the passage, ask for a volunteer to read it aloud while everyone else follows along.

Say: *God gave us the Lord’s Day as a gift so we could rest and relax (fan yourself with the fan), so we could worship and enjoy God (run your fingers under a line of print in the Bible), and so we could help others (pretend to use a tool).*

➤*We please God by respecting the Lord’s Day.* One at a time, each of you can stand in the center of the circle. We’ll say, “[Name], God gave you the gift of the Lord’s Day.” You’ll respond to the affirmation by saying, “I can keep the Lord’s Day by...” Then pick up one of the objects and say one activity you’ll do today. For example, you could fan yourself and say you’ll rest and relax.

Choose one person to stand in the center of the circle first. Continue until everyone has had a turn. If kids have trouble thinking of responses, you could have them pick up the Bible and say they’ll worship or read a psalm. Or they could pick up the tool and say they’ll do a good deed for a neighbor.

Then pray: *God, help us remember that ➤we please you by respecting the Lord’s Day. Thank you for giving us the Lord’s Day for resting, worshipping, and helping others. Help us please you by respecting the Lord’s Day. Amen.*

Gather the Learning Lab items for use in future lessons.
Growing closer to Jesus extends beyond the classroom.

Photocopy the “Hands-On Fun at Home” handout (at the end of this lesson) for this week, and send it home with your kids. Encourage kids and parents to use the handout to spark meaningful discussion on this week’s topic.
Lesson 13

We please God by respecting the Lord’s Day.

Bible Verse: “You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God” (Exodus 20:9-10a).

Fun Food Ask a parent to help you make “bird nests.” Melt one 6-ounce package of butterscotch or chocolate morsels in the top of a double boiler over boiling water. After the morsels are melted, stir in one 5-ounce can of chow mein noodles and stir until coated. Drop by spoonfuls onto wax paper. Chill until set. As a restful activity, take your family outside. Eat the bird nests while looking for and listening to real birds!

Faith Walk Discuss ways to work together to get all the family’s work and chores done in six days so that you can use the Lord’s Day to worship God, rest, and help others. On the Lord’s Day, do some activities together, such as going to church, reading Bible stories, taking a walk or riding bikes, playing a favorite board game, or making a snack and delivering it to an elderly neighbor.

Check It Out

Read Psalm 100. What’s your favorite song to sing to God? Sing it, and then use some homemade instruments and make up new songs to praise God.

Read Psalm 122:1. What do you enjoy about going to God’s house?

Talk It Over

God gave us the Lord’s Day for resting, worshiping him, and helping others.

• How does your family worship God together on the Lord’s Day?
• What can your family do together to help others on the Lord’s Day? Brainstorm several ideas, and plan to put them into action.