#4 REMEMBER THE SABBATH DAY BY KEEPING IT HOLY

Today’s Objective
Children will learn the 4th commandment. They will learn that God desires that we would have one day a week where we do not do our usual activities. He set this day apart to rest and worship. Both the 3rd and 4th commandments are about our relationship to God. We are to honor His name and commit a day to worship and receiving rest from Him.

Scripture

The 4th Commandment
Exodus 20:8-9 Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but on the seventh day is a Sabbath to the Lord your God. (Older children may also want to read verses 10-11 describing this in more detail).
Psalm 62:1 My soul finds rest in God alone.
Exodus 31:14 Observe the Sabbath, because it is holy to you.
Hebrews 10:25b Let us not give up meeting together as some as in the habit of doing, but let us encourage one another.

Kids Slot Activities
1. Only begin when children are sitting in a circle with you or around a table. Make sure they are sitting next to someone who will be a help to them, or who they can help.
2. Have children share about their week. You share about yours too!
3. Have several children pray and ask Jesus to speak to each one tonight and help them to hear what He has to say to them.
4. Remind children that they have been learning about the Ten Commandments God gave to His people. They have already learned the first two. See if they can remember them.
   #1 – You shall have no other gods before Me.
   #2 – You shall not make for yourself an idol.
   #3 – You shall not misuse the name of the Lord your God.
5. The 4th Commandment – Remember the Sabbath day by keeping it holy. Tell children that God not only wants them to use His name correctly but He also wants them to set apart a day each week that is different than the other days where we focus on Him by worshipping and resting in Him. Read Exodus 20:8-9, Psalm 62:1, Exodus 31:14 and Hebrews 10:25a to the children. Talk about these verses for a few minutes. God knew that we needed a day each week to be refreshed by Him. Our weeks get very busy and we get tired from all the activity. That’s why God wants us to set aside a day for rest and worship. For us, Sunday is the usual day most Christians have their Sabbath day since this is the day that there is no work or school and we gather with other believers to worship Him and be re-fueled by Him. Tell children that the following activity will help them to understand this better.

FILL ER UP! Activity
PREPARATION NOTES: You will need to mark a cup for each child like the sample cup (all are packed in the lesson bag) with 7 lines equally spaced, designating the days of the week starting with “Sunday” ½” from the top of the cup, to “Saturday” ½” above the bottom of the cup. You will need to bring enough water to fill each child’s cup to the top line (Sunday mark).
Also bring a tray or dishpan large enough to fit all the cups on or in to prevent any accidental spillage of water. Cut apart the page with 7 days of the week so that you have a strip of paper with each day of the week on it.

**Leading the activity:** Place each strip of paper (except “Sunday”) with a day of the week on at a different location around the outer edges of the room. Place “Sunday” in the center of the room where children are gathered. Also place all the cups you prepared for the children on the tray or in the dishpan you brought near the children. Have the water nearby also.

Say to the children, “Listen to this story about a boy named Steve. It was Sunday (show the “Sunday” sign) and Steve loved Sundays. Sunday was the day his family slept a little later than during the week. They also ate breakfast together as a family before going to church. Pancakes and sausage was Steve’s favorite! Steve loved going to church. He had lots of friends there. Some were kids and some were adults. He liked being with them all and they were all friendly to him. He knew they really cared about him. He loved being with his friends in his Sunday school class and then worshipping with them in big church with everyone else. People there were excited to worship God. He especially liked when people shared their faith stories. The stories of how God was working in people’s lives were so cool! He knew that God was real, that He loved Steve very much and that God wanted to work in his life too. He also knew that God went with him everywhere He went since He had asked Him into his life. When he thought about how much Jesus loved Him and that He died on the cross for his sins he got really excited. It was like having his tank filled up on Sundays. *(Fill all the children’s cups up with water to the top line marked “Sunday”).*

Steve was ready to zoom through the week ahead.

*Have the children now sip the water in their cups and drink it until the water is at the “Monday” line, and then move to the “Monday” sign. Leave the cups of water in the center of the room. Children will come back to this point after each day and sip more of their water. You should also have written their names on each of their cups.*

On Monday, Steve went off to school in a great mood. Then he heard Mark whispering to Joe, “Steve is such a nerd”. Joe laughed and said, “He sure is!” Steve’s feelings were hurt and he walked away. *Have children go to the cups and sip the water down to the “Tuesday” line and then go to the “Tuesday” sign.*

On Tuesday, Steve missed half of the words on his spelling test. And he had really studied. With a big sigh, Steve picked up his backpack and hauled home his books to study harder that night. Instead of reading His Bible and praying that night, he spent an extra hour studying. *Have children go to their cups and sip the water down to the “Wednesday” line and then go to the “Wednesday” sign.*

On Wednesday night Steve got sick. He must have gotten a stomach flu. He didn’t even make it to the bathroom before He threw up. It was not a good night! *Have children go to their cups and sip the water down to the “Thursday” line and then go to the “Thursday” sign.*

On Thursday, Steve felt well enough to go to school. It was a good day there and he did much better on his test this time. After school Steve had soccer practice. When he opened his backpack he realized he forgot his soccer shoes. What a bummer! “I wish everything would go right, just for once” he thought. “Maybe I am a nerd like Mark said”. *Have children go to their cups and sip the water down to the “Friday” line and then go to the “Friday” sign.*

“I’m glad it’s Friday,” Steve thought to himself. At recess, the other kids Steve hung out with were using swear words. Steve knew that using that kind of language wasn’t pleasing to God, but when Steve wouldn’t swear Jeremy called him “Goody two shoes”. Steve felt like he was being bombarded by the world. *Have children go to their cups and sip the water down to the “Saturday” line and then go to the “Saturday” sign.*
"I'll get a break on Saturday" Steve thought. No chance! His mom handed him a list of chores to do to get ready for his brother’s birthday party. It took him 3 hours to finish all the work she gave him. When he finished he flopped down on his bed and said, “I’m completely out of gas!” Have the children go to their cups and drink the rest of their water and sit back in the center of the room where the “Sunday” sign is. Ask them if they ever felt like Steve.

On Sunday morning, the last thing Steve wanted to do was drag himself out of bed and go to church. It had been such a bad week he just wanted to sleep in. But then he remembered the fourth commandment “Set apart a special day for God.” So he got up, ate a pancake breakfast with his family and went off to church. When he got there his friends ran up to meet him and two of them asked him to sit next to them. When he went to the service Mr. Davis shook his hand and then handed him a piece of candy. A new man who recently received Jesus shared his faith story that day. He said before he met Jesus he didn’t think anyone loved him and he felt very alone but now he knows he is loved and wants to share that love with others. They also sang Steve’s favorite worship songs that day. Steve remembered how much Jesus loved him and was glad to be with all these people who loved Jesus too. “I’m glad I came today” Steve said to himself. “I think God really is awesome” and Steve’s heart was filled with love and joy once again.

Fill the children’s cups up once again for them to see. Talk about the story with the children pointing out once again that God knew that needed a special day to rest and be refreshed by Him. It is good for us to meet together to worship God and build each other up. Tell children that the craft they are about to make will be a fuel gauge of their week.

6. Creative Application – Fuel Gauge Craft
   • Print out a fuel gauge and arrow for each child (as seen below).
   • Have each child write, in the pie-sliced areas under the days of the week, what they usually do each day. For example, under “Monday” a child might write school, homework, piano lesson, chores, etc. (Adults should help younger children or pair them with an older child.)
   • After the children are done writing, they may decorate their gauge and arrow using crayons, markers, or colored pencils. However, encourage them not to cover-up the writing.
   • Instruct children to carefully cut around the outside edge of the gauge and the arrow.
   • Carefully, using a sharp pencil or pen, put a hole through the gauge where marked. NOTE: This step may need to be done by an adult before KidSlot.
   • A hole punch can be used to put a hole through the arrow where marked.
   • With the arrow on top of the gauge, children should line-up the holes and place a brass-plated fastener, flat side up, through the holes and spread the prongs outward on the back.

Remind children that throughout the week we spend much time on daily activities such as work, school, sports, music lessons and household activities. God knew that we would need rest and wants us to set aside one day a week (Sunday, for most) to be refreshed and renewed by Him. When we take this time we are re-fueled by Him.

7. Prayer – Lead children in a time of prayer asking Jesus to help them to set aside one day a week for rest and refreshment from Jesus. Have them confess the other things that they have allowed to crowd out having a day of sabbath. Remind them that God knows what is best for them, and that He will refresh them and renew them when they set apart time for sabbath.

8. Report back to the adults and have children share about their time together tonight. Be sure the adults also share about their facilitation time.
A special day to REST, REJOICE, and be REFUELED
#4

Remember the Sabbath day by keeping it holy.

Exodus 20:8