

03 – The Sabbath Day **Exodus 20: 8-11**

Step 1: Introduction (the Sabbath)

We're reading the story of Jesus in the book of Luke. Before we read the next story, we're going to learn something about a special day of the week. That day is called the "Sabbath." *(on board)* What can you tell me about the Sabbath - ? (. . . *find out what they already know. Remember that your students are well-read, well-educated adults.*)

In English we say "to keep the Sabbath." *(on board)* What does that mean? Today we are going to read God's command about the Sabbath day. The command about the Sabbath day is one of the ten commandments. It tells us how to "keep the Sabbath."

Step 2: Background (the Ten Commandments)

The Ten Commandments are in the Old Testament. God gave the ten commandments to Moses. The ten commandments tell us how to live. The first four commandments tell us how to treat God. The fourth commandment is about the Sabbath day. The last six commandments tell us how to treat each other. *(an illustration will help, ex. a simple drawing of the two tablets, with 1-4 on one side and 6-10 on the other, and circle #4)*

Step 3: Key Questions

- **What is "keeping the Sabbath day?"** *(v.10; rest, don't work)*
- **Why did God bless the Sabbath day?** *(v.10,11 because He rested from his work of creation on the 7th day)*

Step 4: Read Exodus 20: 8-11

Step 5: Answer the questions

Step 6: Talk about it

The Sabbath day is a day of rest. Do you like to rest - ? (. . . ☺) Rest is very important for our health. God knew this. He gave us one day in seven to rest.

Which day of the week was the Sabbath day - ? (. . . *v.10, the seventh, Saturday*) All during the Old Testament the Sabbath was on Saturday. But the Christian Sabbath is on the first day of the week, Sunday. Do you know why - ? (. . . *because Jesus rose from the dead on the first day of the week.*)

Let's talk about work. Give me some examples of work. (*If possible, list on the board.*)

When you look at this list, do you see anything that must be done on Sunday - ? (*... preparing food, etc. circle these*) We need to prepare food. But what about these things (*laundry, homework, etc.*)? How many days do we have to do these things - ? (*... six days*) We must plan to keep the Sabbath.

What kind of day is the Sabbath? What does the Bible say in v. 8 - ? (*... a holy day*) "Holy" means "set apart." The Sabbath day is special. The Sabbath day is not ordinary. What kinds of special things could we do on a holy day - ? (*... worship God, read the Bible, visit friends and relatives, ...*)

Did you know that the English word "holiday" comes from "holy day?"

Do you have any questions or comments?