

# SABBATH SCHOOL

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## Preteen Sabbath Instruction Program — Teacher's Outline

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Level 1 • Unit 1 • Week 3

### DAY OF ATONEMENT

#### OBJECTIVE:

To learn that fasting is going without food and to help us understand how much we need God for spiritual as well as physical food. On the Day of Atonement God wants us to fast to remind us to be “at one” with Him.

#### MATERIALS:

Apple slices  
Bag of apples  
Felt board materials

#### PREPARE BEFORE CLASS TIME:

Make a tree out of felt.

Make word cards (with felt on back) with “at” “one” and “ment” on them.

Make apples with the following words on them: Love, obey, smile, happy, good, help, friend, hate, cry, pout, sad, mad, mean, disobey

#### ATTENTION GETTER:

Ask: Have you ever heard the saying: “A bad apple spoils the whole bunch”?

Say: This means that if you have one apple that is not very good in a bag, it will make the other apples rotten too.

Ask: When you buy a bag of apples at the store, do you think you can always tell if there is a bad apple in the bag? Can you see all the apples? [Show a bag of apples.]

Say: Sometimes an apple may look good, but when you bite into it, it is mushy or sour or has a bad

spot. Sometimes you can't tell because the apple looks good and tempting on the outside. "Tempting" means it looks so good that you really want it.

Say: Did you know that Jesus was hungry once because He had been fasting for 40 days? Then, Satan the devil tried to tempt Jesus with bread instead of apples. Jesus was very hungry and the bread must have looked and smelled very good to Him. Jesus was able to resist Satan and be strong because God was with Him and He lived God's way.

Do: Read Matthew 4:1-4.

### **BIBLE LESSON:**

Ask: Who made the first apples? Why did God make apples? [Let students respond—for food, health, taste.]  
How can you tell a good apple from a bad apple? [Let students respond—sweet, juicy, tasty vs. rotten, mushy.]

Say: People can be like apples. Sometimes when people are bad we call them "bad apples" and when they are good we call them "good apples."

Ask: Are apples good for you? What other food is good for you? [Let students respond.]  
Why did God make food? [Let students respond.]

Say: Good food makes us physically strong; and when we do what God says is right, we are eating good spiritual food.

Ask: What would happen if we decided not to eat any apples or any food at all? [Could die.]  
What would happen if we decided not to eat any apples or any food for a whole day?  
[Let students respond—we might become hungry, tired, and weak or nothing would happen.]  
If you did not eat breakfast, lunch or supper, what would you do instead of eat?  
Would you have time to think about and do other things?  
Does anyone know what it is called when we don't eat or drink for a whole day? [Let students respond—fasting.]  
How many of you know someone who has fasted? Who? Why? When? [Let students respond.]

Say: Your parents and adults in God's church fast at least once every year on a special Feast Day. It is called the Day of Atonement.

Ask: Since they don't eat on the Day of Atonement, do you think that they would have time to do other things at lunchtime? Would they have more time to think about God and His ways? [Let students respond.]

Say: When people think about God and try to act like Him, we say they want to be "at one" with God.

## LESSON APPLICATION:

### Felt board Activity

Ask: Who can come up and find the word “at”? [Place the word at the root of the large tree on the felt board.] Who can come up and find the word “one”? [Place the word at the root of the large tree on the felt board.]

Say: If we put these two words together they spell the first part of the word “atonement.” [Next, put “ment” into its proper place.]  
The Day of Atonement represents a time when people will be “at one” with God. Satan won’t be able to tempt people anymore or cause them to think about doing wrong. He will be chained and thrown into a bottomless pit—like a bad apple is thrown into the trash—for 1,000 years. This will happen when Jesus returns to the earth. Christ will begin to make all things good again and people will begin to obey God and keep His feasts.

Let’s see if we can find some ways that we can try to be “at one” with God.  
We’ll put God’s good apples on the tree and we’ll put Satan’s bad apples on the ground so they can be thrown in the trash like Satan will be thrown in the bottomless pit.

Do: Have as many children as possible choose a felt apple with a word on it (see attached example) and place the apple in the appropriate place.

## MUSIC:

Sing to the tune of “Are You Sleeping?”

Are you fasting? Are you hungry?  
Yes, I am. Yes, I am.  
Hungry for God’s word. Hungry for God’s ways.  
At one with God, at one with God.

Where’s Satan going? Where’s Satan going?  
Some day soon? Some day soon?  
He’ll be in the big pit. He’ll be bound in chains.  
We’ll be with God. We’ll be with God.

## MEMORY VERSE:

Matthew 4: 4 “But He answered and said, ‘It is written, “Man shall not live by bread alone, but by every word that proceeds from the mouth of God.”’”

Do: Rehearse the memory verse a few times with the children repeating it. Form a circle. Take a small beanbag or balloon and toss it to one of the children. Have them try to say the verse or as much of the verse as they can and then toss the bag to someone else. Give everyone a turn.

# *family activity*

## **THE POINT:**

Today we learned that fasting is going without food, and fasting is used to help us understand how much we need God for spiritual as well as physical food. On the Day of Atonement God wants us to fast to remind us to be “at one” with Him.

## **ASK ME...**

What does the saying “a bad apple spoils the whole bunch” mean?

What is it called when people don’t eat or drink for a whole day?

What day should God’s people go without food or drink?

What does it mean to be “at one” with God?

Where will Satan be put for 1000 years?

## **FAMILY TOGETHER TIME:**

(See attached pages entitled “Good Apples” and “Good Apple Badge.”)

Each time this week your child shows that they are trying to be “at one” with God, paste a good apple on their tree.

**MEMORY VERSE:** Cut the strip off the bottom of this page. You will see this week’s memory verse on the back. After your child has learned the verse, glue the two ends together, forming a link of a paper chain. Each lesson’s memory verse will add a new link to their chain of Bible knowledge.

-----cut along dotted line-----

(Teacher’s note: Please write the memory verse on the back of this page at the bottom.)

# GOOD APPLES

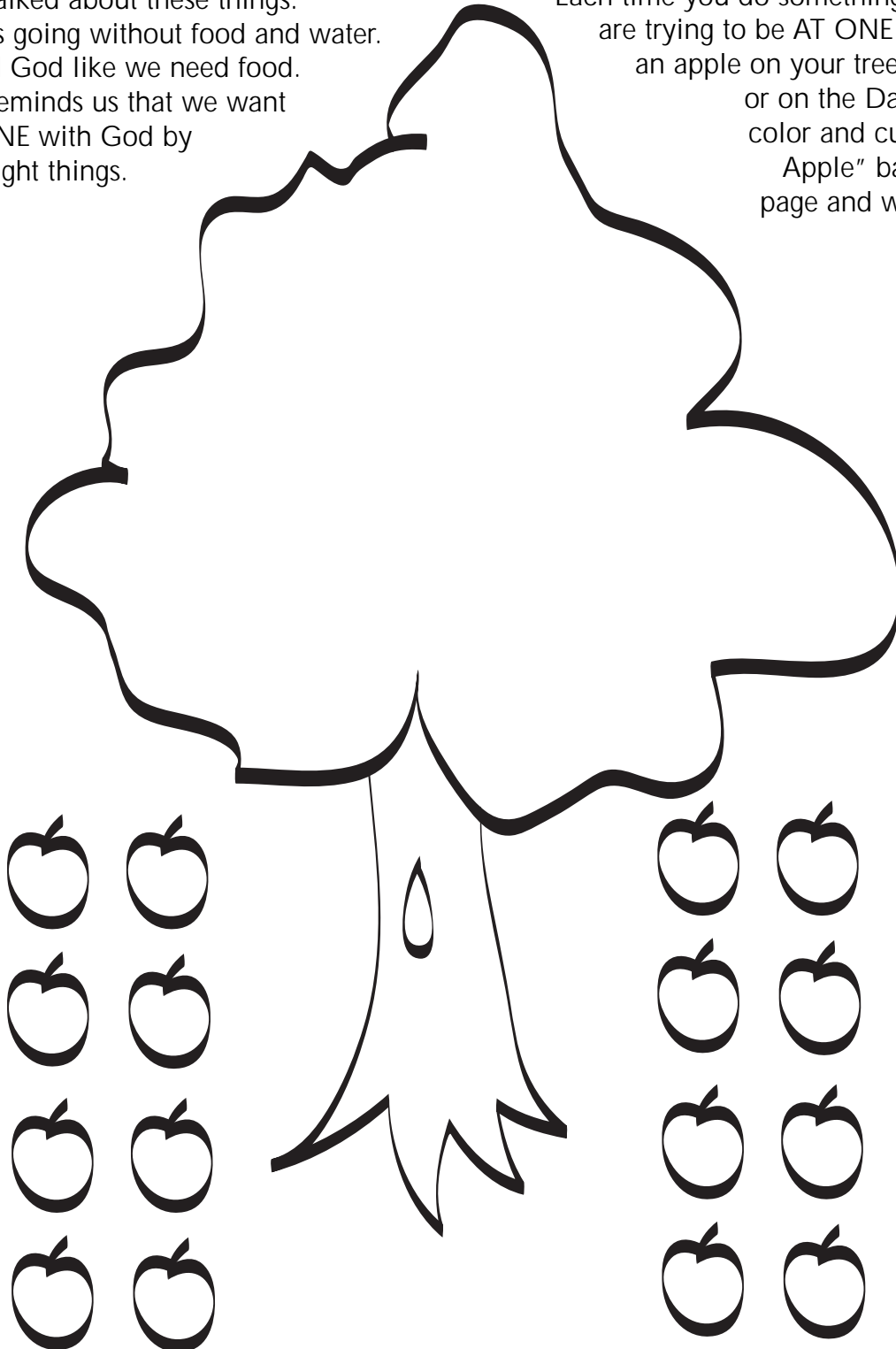
Dear Parents,

Students,

Today we talked about these things:

1. Fasting is going without food and water.
2. We need God like we need food.
3. Fasting reminds us that we want to be AT ONE with God by doing the right things.

Each time you do something that shows you are trying to be AT ONE with God, paste an apple on your tree. Next Sabbath, or on the Day of Atonement, color and cut out the "Good Apple" badge on the next page and wear it at church.



## GOOD APPLE BADGE

Students: Color the apple below and have your parents help you cut it out and attach it to some tagboard or cardboard that is also cut out in the shape of an apple. When you are done, wear it to Sabbath services or Atonement services the following week.

