

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level 1 • Unit 3 • Week 4

GOD'S INSTRUCTION – THE SABBATH DAY

OBJECTIVE:

The Sabbath day reminds us that God is our Creator.

ATTENTION GETTER:

Supplies Needed:

Brown bag with objects that have to do with the Sabbath inside (small Bible, hymnal, pictures of a family meal, small pillow for resting, etc.)
Eight 3x5 inch cards

Prepare Before Class: Write one word of the memory verse on each of eight cards and then hide all eight cards around the room. (See Memory Verse activity.)

Do: Have the children take turns putting their hands in the bag with the Sabbath articles in it and touch an item. Have them guess what that item is. Ask them what that item reminds them of. Continue with other objects. Help lead them to conclude that these are things used or enjoyed on the Sabbath.

Ask: What are some things that you do with your family on the Sabbath?

BIBLE LESSON:

Ask: Why do we keep the Sabbath day?

Say: We have been learning how God created the world.

Ask: Do you remember what happened on the first day of creation?

Say: God separated the light and darkness making day and night.

- Do: Continue this pattern through the rest of the days of creation.
[The second day God formed the sky. On the third day God separated the water and dry land. He made grasses, plants, and trees. On the fourth day God made the sun, moon and stars visible. On the fifth day God created all the living things in the water and all the birds in the sky. On the sixth day God created all the animals and He created Adam and Eve.]
- Ask: What did God say about all He created? [It was very good.]
- Ask: Did God create anything on the seventh day? [Yes, the Sabbath.]
- Say: On the seventh day God stopped working and He rested. God blessed the seventh day and made it holy. Did you know that God set an example for us? He wants the Sabbath day to remind us that He created all things. He even created us, and we need God (Genesis 2:1-3).
- Ask: Did God work on the seventh day?
- Say: God rested on the Sabbath, and in the Ten Commandments He tells us that we are not to work on that day either (Exodus 20:8-11).
- Ask: Do you know for whom the Sabbath was made? [It was made for mankind—Mark 2:27.]
- Ask: What are some things that we can do on the Sabbath? [Rest, worship God, fellowship with God's people, attend church services, etc.]
- Say: The Sabbath is a special day of the week to honor God. We have extra time to worship God and go to church. On the Sabbath day we can fellowship with others and take time to rest too. We should think about God and pray to Him every day, but the Sabbath day is a special time to worship God.

LESSON APPLICATION:

Supplies Needed:

- Construction paper
- Yarn
- Paper hole punch
- Markers or crayons
- Scissors
- Pencils
- Stickers
- Clear contact paper (optional)

Prepare before class: Cut construction paper in "tablet" shapes or plan to help children do so.

Do: Make a "tablet" bookmark.

- Hand out construction paper (shaped like a tablet) to each child.
- Have each student print "Remember the Sabbath Day" on the tablet.
- Then have them color or decorate their bookmark with stickers.
- Punch a hole near the middle and top of the bookmark.
- Tie a piece of yarn through the hole.
- You may wish to cover each bookmark with clear contact paper for extra strength.

Music:

Sing to the tune of "Mary Had a Little Lamb."

God has made a day of rest,
Day of rest,
Day of rest.
God has made a day of rest,
It is the seventh day.

We are to follow in His steps,
In His steps,
In His steps.
We are to follow in His steps,
Every seventh day.

On the Sabbath worship God,
Worship God,
Worship God.
On the Sabbath worship God,
Because He told us so.

MEMORY VERSE:

Exodus 20:8 "Remember the Sabbath day, to keep it holy."

Do: Have the children search for and find all the 3x5 inch cards with the memory verse words that you previously hid around the room. Place them in order on a table and bulletin board. Then mix them up and have the children place them in order word by word.

family activity

THE POINT:

The Sabbath day reminds us that God is our Creator.

ASK ME...

Who created the Sabbath?

What day of the week is the Sabbath?

What does the Sabbath day help us to remember?

How did God create the Sabbath?

FAMILY TOGETHER TIME:

Take a family walk on the Sabbath and enjoy God's creation.

Have a special dessert on the Sabbath to help make it special.

Have a family discussion on why the Sabbath is a blessing.

Take turns planning what to have for Sabbath evening meal.

Visit the shut-ins in your congregation or send them homemade cards.

Instructions: 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.)