

# SABBATH SCHOOL

## Preteen Sabbath Instruction Program — Teacher's Outline

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Level 1 • Unit 4 • Week 3

### THE FOURTH COMMANDMENT

#### **OBJECTIVE:**

To learn that God commands us to remember the Sabbath day and that the Israelites learned this lesson through the giving of manna.

#### **ATTENTION GETTER:**

Say: God created a very special day at creation. Do you remember what this day was? [Answer: The Sabbath.]

Ask: What is different about the Sabbath day? [Possible answers: It is holy. We attend Sabbath services. We don't work. We spend time with our families. We rest.]

Say: God set us an example by resting on the Sabbath. He does not want us to do any of our usual work on the Sabbath.

Read: Exodus 20:8-11.

Ask: How did you learn to keep the Sabbath holy? [Anticipated response: My parents taught me.]

#### **BIBLE LESSON:**

Say: Long ago, the Israelites were slaves in Egypt. They belonged to the Pharaoh, the king of Egypt, and had to do exactly what he said. They could not worship God because the Pharaoh would not let them. They could not keep the Sabbath day, the way God wanted, because Pharaoh made them work every day. They didn't even know which day was the Sabbath!

They cried to God for help and God heard their prayers. He told Moses to lead the Israelites out of Egypt into the desert where they could worship God. They did not understand about the Sabbath and needed to learn how to keep it the way God wanted them to.

Do: Read the story in Exodus 16:1-31. Especially emphasize that they were to gather extra manna on the sixth day as preparation for the Sabbath so they would not be working on the Sabbath gathering food. Show how God used the manna as a teaching tool.

### **LESSON APPLICATION:**

Materials:

Bible

Picture of tents in the desert for each child

Puffed rice cereal

Glue

Pencils

Crayons

Prepare Before Class: Find or draw a picture of tents in the desert. Make a copy for each child.

Do: Give each child a copy of the picture of tents in the desert.  
Have the children color the picture.  
Give out a small amount of puffed rice cereal.  
Have them glue the cereal to the picture to represent the manna.  
Have them draw some people gathering the manna.

### **Music:**

Sing "God Gave His People Manna" to the tune of "Bingo Was His Name-o."

The Israelites they had no food, so God gave them some manna.

M-A-N-N-A

M-A-N-N-A

M-A-N-N-A

God gave His people manna.

(Sing the verse six times. The first time, sing all the letters that spell out manna. The second time, clap in place of the "M" and sing A-N-N-A. The third time, clap for "M" and "A" and then sing N-N-A. The fourth time, clap for "M," "A" and "N" and sing N-A. The fifth time, clap for "M," "A," "N" and "N" and sing A. The last time, clap for all of the letters.

### **MEMORY VERSE:**

Exodus 16:30 "So the people rested on the seventh day."

Do: Rehearse the memory verse. Give each child a chance to say what he or she likes about resting on the Sabbath day.

# *family activity*

## **THE POINT:**

To learn that God commands us to remember the Sabbath day and that the Israelites learned this lesson through the giving of manna.

## **ASK ME...**

What did God do when the Israelites complained about not having food?

Did the people have to work to get their food?

What day could the people gather twice as much manna?

Why could they save the manna only on this day?

## **FAMILY TOGETHER TIME:**

Share with your child how you learned about the Sabbath.

In Exodus 16:1-31, the Israelites were expected to prepare for the Sabbath by gathering twice the amount of manna on the sixth day. Discuss the ways that your family prepares for the Sabbath.

Discuss what God means when He says "remember the Sabbath" and how we can properly keep the Sabbath properly.

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.)