



HAT DOES IT MEAN TO ME?

How do you feel when you have a holiday, or a day off from school?

That is very much like what the Sabbath should feel like for us. How does the Sabbath help you?

- 1) It helps me remember to worship.
- 2) It helps me to remember to be thankful.
- 3) It helps me to see that work will not get me into heaven.
- 4) It gives me time to think about the choices I have made all week.

Why do you think God wants us to "remember the Sabbath"?

How can you "remember the Sabbath"?

- 1) By worshipping.
- 2) By spending time outside enjoying creation.
- 3) By doing only those things that bring you joy.
- 4) By not making my bed or cleaning my room.

CREATION CARE

God cared for the people in His creation when He provided us with the commandment to remember the Sabbath day. Jesus showed us the right way to remember the Sabbath. Read Mark 2:23-3:6. What things did Jesus do on the Sabbath?

Why did the Pharisees' accuse Him of doing?

How did Jesus respond?

How did the Pharisees miss the point of remembering the Sabbath?

How can you keep from missing the point of the Sabbath?

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WITH YOUR OTHER JOURNAL ENTRIES.



The Day of Rest BETWEEN THE LINES

Take some time to read the story of God creating the day of rest, in Genesis 2:1-3. Try reading it aloud. If you need an audience, ask a family member to listen.

HAT DOES IT SAY?

(Circle all right answers.)

What 2 things did God do on the 7th day of creation?

- 1) Rested and blessed the day.
- 2) Slept and wrote rules.
- 3) Hovered and breathed.

There are many verses that teach us about the Sabbath. Read Exodus 20:8-10. It is one of the Ten Commandments. What additional specific instructions do you see in these verses?

- 1) Don't eat anything on the Sabbath.
- 2) Six days of work are enough.



HAT DOES IT MEAN?

Look back over Genesis 1 and 2. Do you think God's creation was complete? Yes [] No []

What does it mean that God rested?

- 1) He stopped to enjoy what He had made.
- 2) He stopped creating because creation was complete.
- 3) He was exhausted after all that creating.
- 4) He set a pattern for us.

What does it mean to have a holy day?

- 1) It is only for religious people.
- 2) It is only for going to church.
- 3) It is boring.
- 4) It is special.

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