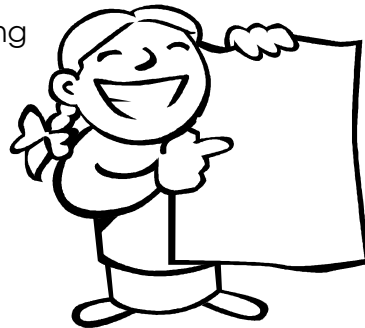


"Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy..." Exodus 20:8NIV

Here are some things you might do on Sabbath. Tick the ones you like doing.

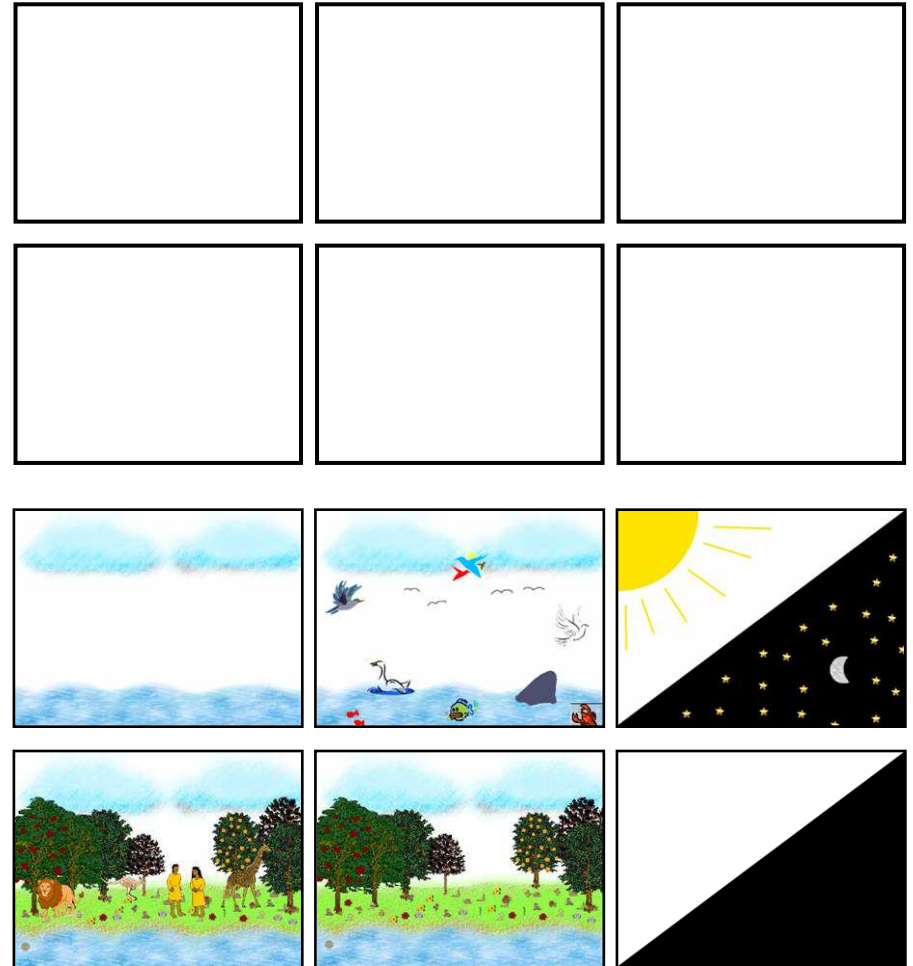
- ☐ Sabbath School and Church
- ☐ Visit the retirement home
- ☐ Play Bible games
- ☐ Attend a Pathfinder meeting
- ☐ Learn about nature
- ☐ Bible study
- ☐ Draw an animal picture
- ☐ Visit sick people
- ☐ Church concert
- ☐ Nature walk
- ☐ Draw a nature picture
- ☐ Read a Bible story
- ☐ Visit the Botanical Gardens
- ☐ Draw a picture of a Bible story
- ☐ Walk on the beach
- ☐ Read a Christian book
- ☐ Do a nature jigsaw puzzle
- ☐ Watch a Christian video
- ☐ Colour a Bible picture
- ☐ Visit a waterfall
- ☐ Have a Bible quiz
- ☐ Attend a Pathfinder camp
- ☐ Learn about an animal
- ☐ Eat lunch at church
- ☐ Do Bible puzzles



Sabbath

Sabbath

Draw the days of creation in their correct order in the blank boxes. Do you remember the pattern?



Sunday

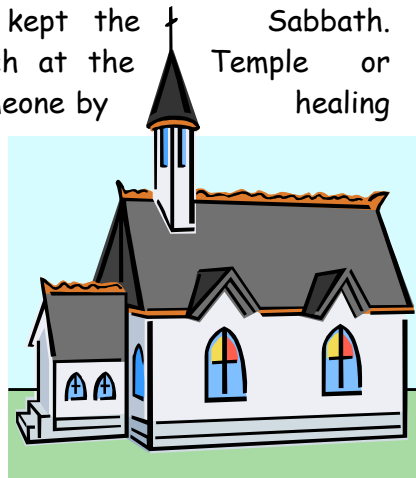
So God created the earth in six days and He formed Adam from the dust of the ground, and then made Eve from Adam's rib. On the seventh day God had finished creating, so He rested from all His work. God blessed the seventh day and declared it holy, because it was the day when He rested from His work of creating.



Later, God gave a specific Commandment about the Sabbath, He said: "Remember to keep the Sabbath day holy. You have six days each week for your ordinary work, but the seventh day is a special day, dedicated to the Lord your God. On that day no one in your household may do any work; this includes you, your sons and daughters, your workers, your animals, and anyone living with you. In six days the Lord made the heavens, the earth, the sea, and everything in them; but He rested on the seventh day. That is why God blessed the Sabbath day and made it holy."

When Jesus was on earth, He kept the Sabbath. Every Sabbath He went to Church at the Temple or Synagogue. If Jesus could help someone by healing them and making them well on the Sabbath, He did.

Jesus showed us that it is good to do good things for people on the Sabbath.



Friday

But can we do anything on Sabbath – as long as it is not work?

In the book of Isaiah 58:13, 14NLT, God says: "Keep the Sabbath day holy. Don't pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the Lord's holy day. Honour the Sabbath in everything you do on that day, and don't follow your own desires or talk idly. Then the Lord will be your delight. I will give you great honour... I the Lord have spoken!"

So we shouldn't just do whatever we want to; we should make sure that what we do reminds us of God, or the things He has created; or shows God's love to others.

Isaiah 58:13 says we will find delight (happiness) if we:

**"Don't
pursue your
own
interests...
enjoy the
Sabbath...
Honour the
Sabbath in
everything
you do...
don't follow
your own
desires or
talk idly."**

Find the
underlined
words.

G	O	D	S	S	P	E	I	D	L	Y	C	I	A	
L	S	E	D	V	E	U	N	N	T	H	D	A	Y	G
O	D	S	E	V	E	R	Y	T	H	I	N	G	S	P
E	C	I	S	A	L	S	S	E	E	N	V	E	N	T
H	D	A	I	Y	G	U	O	R	D	T	S	S	D	P
Y	O	U	R	E	C	E	I	E	A	E	N	J	O	Y
O	L	S	E	E	V	E	N	S	T	R	H	D	N	A
U	Y	G	S	O	D	O	N	T	D	E	S	S	T	P
R	E	C	I	A	L	W	S	S	E	S	V	E	N	T
H	D	A	Y	O	W	N	G	O	D	T	A	L	K	S
S	P	E	C	R	I	A	L	S	E	S	V	E	N	T
H	S	D	A	Y	G	O	D	S	S	P	E	C	I	A
S	A	B	B	A	T	H	L	S	E	V	E	N	T	H
D	B	A	Y	G	O	O	D	S	S	P	E	C	I	A
L	B	S	T	E	V	N	E	N	Y	T	H	D	D	A
Y	A	G	H	O	F	O	L	L	O	W	D	S	O	S
P	T	H	E	E	C	U	I	A	U	L	S	E	V	E
N	H	T	H	D	A	R	Y	G	R	O	D	S	S	P

Thursday

From a human point of view, the Sabbath does not seem important; but to God it is very important. But its importance is not because God needed it, instead, God made the Sabbath to be a blessing for people and perhaps a test.

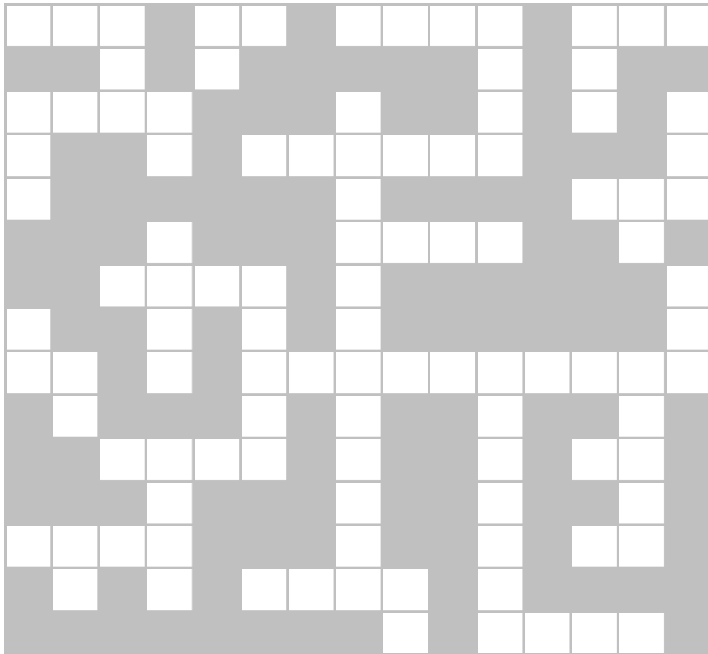
In Mark 2:27^{NLT} Jesus said, "**The Sabbath was made to meet the needs of people**" – God did not make people because the Sabbath needed people to worship it!

When Revelation talks about the small group of people who love Jesus at the end of the world, it says they "**Keep the commandments of God.**" Revelation 14:12^{KJV}

The Ten Commandments of God are found in Exodus 20 and Deuteronomy 5. Even people who don't believe in God will agree that the commandments on how to treat other people are a good way to live, and it is not hard to realise why God included commandments 1, 2 and 3 – they teach us how we should treat God. But many people, even Christians ask, "What is the point of the 4th Commandment?" Why do we need a special day? Why not worship God every day? Why on the 7th day? The most important

answer to this question is that God told us to. **We don't have to understand, we just have to obey – it is a test of how much we love and trust God.**

How much do you love God? Fit the bold words in the grid.

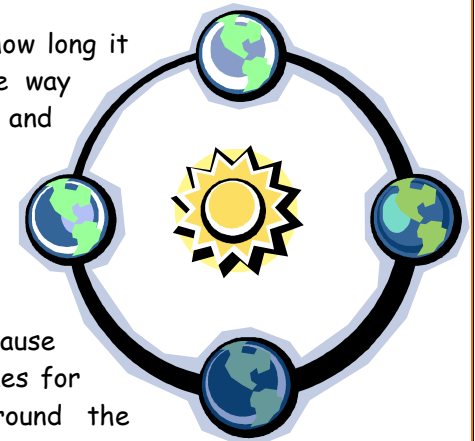


Monday

Have you ever wondered why God made the world in 6 days? Why didn't He just make it all in one or two days? Or why didn't He split it further and make the land, grass and trees on separate days, the fish and birds on separate days and the people and animals on different days as well? We could have had a 10 or 11 day week! These are questions we can ask God when we get to heaven; but for whatever reason, God chose to use six days for creation and make the seventh day a day of rest, giving us a seven day week.

Have you ever thought where we get our seven day week from?

We get our years because that's how long it takes for the earth to go all the way around the sun giving summer and winter.



We get our months because that's how long it takes for the moon to go around the earth: the full moon to new moon and back to the full moon, giving us the tides of the sea.



Nothing in sun, moon or stars runs on a seven day cycle; there is no apparent reason for it other than God created it that way and even today, the majority of people in the world today still use a seven day week.

Tuesday

The Sabbath is a special day to remember God because He is our... Use the code to find out.

▲	↺	◎	↻	☸	×	↷	Γ	👤	👉	
A	B	C	D	E	F	G	H	I	J	

⑩	🎁	🍷	▶	↑	↓	Ω	😊	^	✂	
N	O	P	Q	R	S	T	U	V	W	

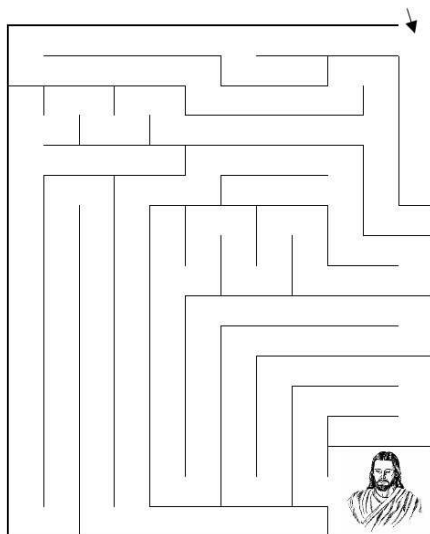
Exodus 20:11^{NLT} is the 4th Commandment and says:



For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day He rested. That is why the Lord blessed the Sabbath day and set it apart as holy.



Sabbath is a special time to spend with Jesus, find a way through the maze to Jesus.



Wednesday

