

Aim: To understand that we should keep the 4th Commandment, the Sabbath, because that is what God has asked us to do. When we do this we receive a special blessing.

This term we have been learning about the 10 Commandments; we have nearly done all of them. Before we do the 4th Commandment, let's review the others.

The last 6 Commandments are about how we should treat other people; God wants us to be kind and loving, He doesn't want us to hurt other people.

How does breaking the ____th Commandment hurt people?

The 1st and 2nd Commandments are about our relationship with God: When God is the most important thing in our life, He is in control and everything will work out in the best way possible.

How does not keeping Sabbath hurt our relationship with God? (We need to spend time with God to build our relationship with Him)

"But," some people ask, "Why does it have to be Saturday? Why not Sunday, or Monday?"

The best reason for keeping Sabbath is that God asked us to and the Bible clearly says, more than once, that Sabbath is the 7th day of the week.

Read Genesis 2:2, 3
Read Exodus 20:8-11

*** Be prepared to answer the question, why do most churches worship on Sunday?

Some people think that keeping the Sabbath means that you can't do anything fun on that day. In Jesus day, the Jews had become so worried about Sabbath keeping that they had made up this huge list of rules about it.

From <http://www.tomorrowworld.org/magazines/2005/may-jun/did-jesus-break-the-sabbath>

For example, the law included detailed regulations regarding what constituted a "burden" that could not be carried on the Sabbath; for example, pieces of paper, horses hairs, wax, a piece of broken earthenware or animal food. Generally a burden was anything as heavy as a dried fig, or a quantity sufficient to be of any practical use (e.g. a scrap of paper large enough to be converted into a note or a wrapper). It prescribed what might or might not be saved if one's house caught on fire. Only those clothes that were absolutely necessary could be saved. But one could put on a dress, save it, then go back and put on another. One could not ask a Gentile to extinguish the flames. But if he did so voluntarily, he should not be hindered. One could eat food on the Sabbath lawfully only if it had been specifically prepared for the Sabbath on a weekday. If a laying hen laid an egg on the Sabbath, it could not be eaten. But if the hen had been kept for fattening and not laying, the egg could be eaten, since it would be considered a part of the hen that had fallen off! These regulations considered studying the Mishna on the Sabbath more important than studying the Bible. The Hagiographa (the Old Testament "Writings") were not to be read on the Sabbath except in the evening. And there are many other similar examples.

The Sabbath was not a nice time anymore; it was very hard for them to keep Sabbath.

One of the reasons that the Jewish leaders hated Jesus was that He didn't worry about following all of their little rules; they were horrified that Jesus would heal sick people on the Sabbath, because they said that that was work.

Read what Jesus said to them in Matthew 12:12

When we keep Sabbath the way that God intended us to, the Sabbath will be something we enjoy. **Read Isaiah 58:13**

Sabbath is a special day; it should be a very different day from the rest of the week. We should take a break from the things we normally do, like school work. We can spend time at Church, visiting people or seeing the things in nature that God has created.

And once again, the best reason that we have for keeping Sabbath is that God has asked us too; and the best thing that we can do to show God that we love Him, is to obey Him. And when we do that, God will give us a special blessing every Sabbath.