

BIG IDEA (KNOW THIS)

Sabbath is a day of rest set apart for God, and we can do good on it.

APPLICATION (LIVE LIKE THIS)

If you don't know Jesus yet:

Come and find true rest in Jesus.

If you already trust Jesus as your king:

Rest well once a week.

W1. SABBATH

LOWER

MEMORY VERSE

Brothers and sisters,
God has shown you
his mercy.
So I am asking you to
offer up your bodies
to him while you are
still alive.
Your bodies are a
holy sacrifice that is
pleasing to God.
When you offer your
bodies to God, you
are worshipping him
in the right way.

- Romans 12:1

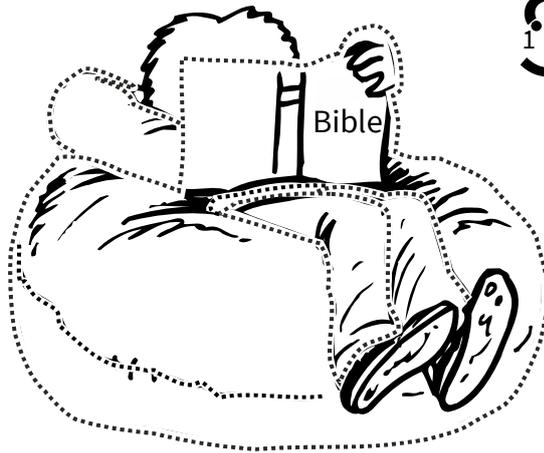
BIBLE BITS

- Genesis 2:1-3
- Exodus 16:4-5, 21-23
- Exodus 20:8-11
- Mark 3:1-6

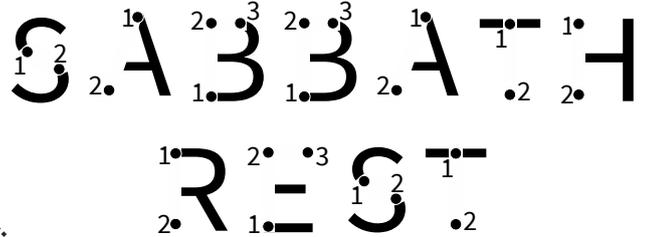
PARENT FOLLOW UP

1. What does Sabbath mean?
2. What stories from the Bible can you think of that mention the Sabbath Rest?
3. Why is Sabbath rest important?
4. What things might you have to plan/change/organise to be able to rest well each week?

Finish and Colour



Connect the dots to finish the letters.



God expects his people to work well for 6 days and **R**_____ well one day just like he did.

Decorate in your favourite colours.

A	B
C	D

Which shadow matches the boy who is resting?

Start

Finish

To find out what God wants for his people, go through the maze. Collect the letters and write them on the lines in the box above the maze.

S	A	B	B	A	T	H	L	T	O	
I	D	E	L	I	G	H	T	V	I	
O	T	H	E	R	S	N	T	H	E	
A	L	L	G	D	A	Y	C	T	O	
H	G	O	D	'	S	U	I	N	R	C
D	I	F	F	E	R	E	N	T	H	
Q	G	O	O	D	N	E	S	S	A	

Br _____ and
rB to eh sr
sisters, G _____ S
do ah
s _____ u
oh nw oy
his mercy.

Answer: Shadow A

Read the message. Find the bold words in the word search. **'Sabbath'** wasn't supposed to be about 'doing nothing', but rather a **day different to all the others, to delight in God's goodness.**

Finish working out the first part of our new memory verse. Swap the letters and write them on the lines above. Read the verse.

BIBLE BITS

Genesis 2:1-3

Exodus 16:4-5, 21-23

Exodus 20:8-11

Mark 3:1-6

PARENT FOLLOW UP

1. What does Sabbath mean?

-Rest

2. What stories from the Bible can you think of that mention the Sabbath Rest?

-Creation (Genesis 2)

-Manna from Heaven (Exodus 16)

-10 Commandments (Exodus 20)

-Jesus Healing on the Sabbath (Mark 3) etc.

3. Why is Sabbath rest important?

-It was part of God's plan from the beginning (Genesis 2)

- It helps us appreciate/ enjoy God's goodness

4. What things might you have to plan/change/ organise to be able to rest well each week?