

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

PREP

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 worshiping him
in the right way.

- Romans 12:1

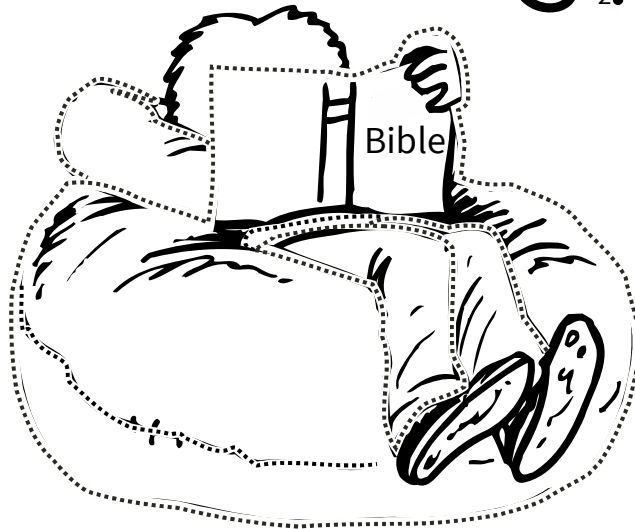
BIBLE BITS

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

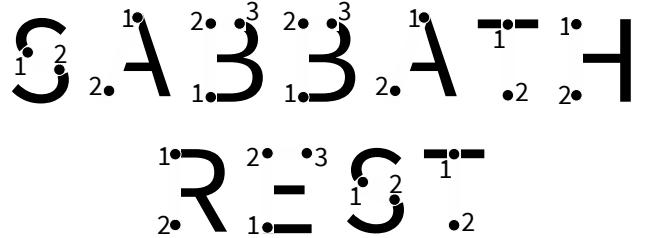
PARENT FOLLOW UP

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



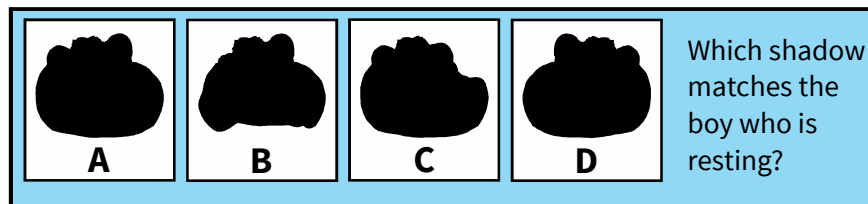
Connect the dots to finish the letters.



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

Trace the outlined words.

Decorate in your favourite colours.



Go through the maze.

Answer: Shadow A

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?