

**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**

**UPPER**

**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

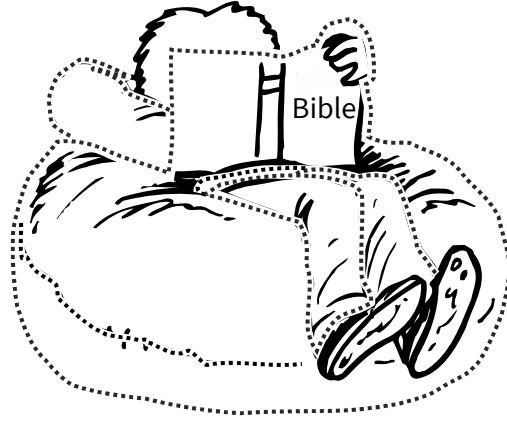
**BIBLE BITS**

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

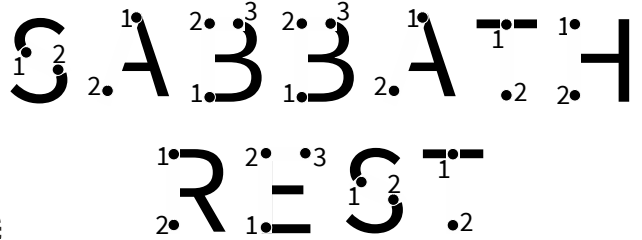
**PARENT FOLLOW UP**

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.

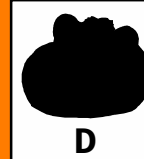


Decorate in your favourite colours.

  
A

  
B

  
C

  
D

Which shadow matches the boy who is resting?

God expects his people to work well for 6 days and

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Start

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

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

Answer: Shadow C

Br \_\_\_\_\_ d

rB tō eh sr nā

\_\_\_\_\_ G \_\_\_\_\_

is ts re Gs dō

\_\_\_\_\_ u

ah ss oh nw oy

\_\_\_\_\_

ih m's re yc

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.**

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

## **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?**