



Date: \_\_\_\_\_

Series: Jesus Is the King  
Winter Year 1, Lesson 41

# Remember the Sabbath Day

**Primary Scripture:** Exodus 16:14-30

**Key Verse:** Exodus 20:8, "Remember the day of worship by observing it as a holy day."

## **How does this address a need in our kids' lives?**

Kids growing up today often live in families with over-booked schedules. They, like their parents, are busy doing more and more. No longer does our society honor Sunday as a special day of spiritual rest. Instead, it has become a recreational holiday and has been filled with sporting events for kids. As well, it is often a workday for many parents. God knows that we need rest, but more than physical rest. We need spiritual rest. God established spiritual and physical rest when he set aside the Sabbath for a day of worship, so that we might be restored in our relationship with him. We need to spend time with him. Kids need to learn the importance of God's word on this matter and how it blesses their lives to find rest in Jesus, especially on their day of worship.

## **How does Jesus fill this need?**

**Jesus for us:** Jesus is the king who gave his life for us so that we might have spiritual rest. On the cross, he announced, "It is finished." All that is necessary for our salvation was completed. We simply need to rest in it.

**Jesus in us:** Jesus restores us with his presence. Through the power of the Holy Spirit, he gives peace and joy when we take time with him to enjoy it.

**Jesus through us:** We can witness to others about the rest we have in Jesus and the importance of our worship day with him.

## Stamp of Excellence:

*Remind the kids what excellent worship looks like. We are in God's presence to honor him. Put on your best manners. This might include wearing your name tag, participating eagerly at all times, listening when the leader is talking, raising your hand to speak, not distracting others, playing the learning game with cooperation, singing enthusiastically, and praying reverently. Offer rewards or positive reinforcement to those who worship with excellence.*



## Worship

### Invocation:

*Let kids bring forward the worship symbols such as the cross, candles, Bible, and offering plate. Invite God's presence and call by name the Father, Son, and Holy Spirit.*

### Attention Grabber:

*Capture the children's attention and help them focus on the worship theme for the day.*

Call four children to the front. Explain to them that when you say, "Start," you would like them to all run in place as fast as they can. One person among the four will be given different instructions. The other three are supposed to keep running.

**Okay, on your mark...get set...go! Run in place.**

As they are running, select one volunteer to give different directions. Begin to count out loud.

**One... two... three... four... five... six... Now, here is my instruction to this one special volunteer. Stop, I want you to rest. The rest of you continue running. Faster... faster!**

Now address the volunteer who is resting.

**I want you to start running again. Here we go. One... two... three... four... five... six... rest.**

Repeat this process while you encourage the others to continue running.

**One... two... three... four... five... six... rest. (By now, several of the others should be tiring out.)**

Ask the audience:

**Who do you think is able to last the longest in this contest? Yes, it is the one who has rest. Let's have applause for the contestants. They may be seated.**

**Today we will talk about one of God's special commands. He says in Exodus 20:8-10, *"Remember the day of worship by observing it as a holy day. You have six days to do all your work. The seventh day is a day of worship dedicated to the Lord your God."***

**It is important enough that we have one day every week set aside to worship God because he commanded it. It is also a day of spiritual rest. Just like these bodies got tired when they were running, and needed rest, we need special rest for our spirit. God commanded us to have one day a week for that. Let's honor this day of worship by praising God at this time.**

## **Songs of Worship:**

*Choose two or three songs. Briefly introduce songs so kids can better understand what they are singing and be drawn into a more focused worship. Keep the attention on God!*

## **The Power of the Cross:**

*Jesus has given his life for us that we might have forgiveness and power to live for him.*

Ask for a volunteer who can act out climbing a ladder to come forward. Address the volunteer:

**Please act out climbing a ladder. To audience: While he/she is climbing, I want everyone else to imagine that this person is trying to climb his/her way to heaven. Some people actually believe that you can just do more and more good things and climb your way to heaven. That is the same as trying to earn your way to heaven.**

**Oops, it looks like our volunteer is slowing down. To the volunteer: Go faster.... No, faster still. To audience: Now he/she is really moving, but do you think he/she will ever make it? No, the Bible says that no matter how hard we try, we cannot earn our way to heaven because no one is perfect. So how do we get to heaven? Yes, by believing in Jesus who gave his life for us.**

Ask the volunteer to stop and hold his/her arms straight out at his/her side to form a cross.

**This reminds us of Jesus when he was on the cross. There he said something very important when he gave his life for us. He said, “It is finished.” That means Jesus completed all that was needed to go to heaven. What he wants us to do is rest in knowing that. This shows just how much God loves us and gives us peace in our hearts. Volunteer, you can sit down.**

**Let’s pray together:**

**Dear God,  
Sometimes we get so busy that we forget all about you.  
Some of us may even think that we have to do more and more good stuff so that we can earn our way to heaven.  
But that is not true. You have already earned the way for us by giving your Son, Jesus.**

**Thank you, Jesus, for giving your life for us. Thank you for saying, “It is finished.” Thank you for making it possible for us to be friends with God and to be with him someday in heaven. Thank you, Jesus. Help us to find rest in that. Fill us with peace and joy when we think about how much you love us and how you want us to enjoy every day, especially this day of worship. Amen.**

## **Song of Response:**

*Choose a song to help the children turn to Jesus. Or, you may want to help them celebrate what God has done by singing a song of praise.*

## **Offering:**

*Teach the importance of giving and talk about the mission activities they are supporting.*

**How many of you receive an allowance? Do you get an allowance because you do some jobs and help around the house? How many of you set aside some of that money to give to the Lord? Wonderful. That is what God wants us to do. When we work during the week, we want to remember that God is the one that gives us our blessings.**

**When we come to church, we should have already decided what amount of our allowance we are going to give back to him. This is not a way of buying our way to heaven, but a way of saying, “Thank you, God for giving us all that we have. ”**

**If you would like to say, “thank you” with your offering to the Lord, come forward and do that now. Next week when you get your allowance, set aside a special amount that you want to give to Jesus right then, and bring it with you on Sunday.**

**If you do not have a money offering for the Lord today, you can come and pretend to hold your heart in your hands and put that in the offering plate. Above all, God wants our hearts and our love.**



# The Word

## Learning Game:

*Some churches dismiss children from the adult service at this time to join Kids Church. The learning game provides a fun kinesthetic activity to help kids connect with each other. The learning point will help reinforce the theme of the day.*

*Supplies:*

- *Several stacks of newspaper*
- *Several rolls of masking tape*

Divide the kids into groups of four. Explain that they will have six minutes to decorate one person in their group to look like a chicken using the newspaper and masking tape. They can roll up, fold or wad up the paper and then tape it to the person to form the chicken beak, wings, tail feathers and comb.

Allow six minutes for this drill, or if you would like to give them more time, allow six time periods of two minutes each. In either case, after every minute or time period, announce the number that has passed. (I.E. "Two minutes gone." Or "Two time periods gone.") Finally you will say: **Six minutes is over, so everyone, stop.**

**How many of you would like to see all the chicken creations that were made?** *(Everyone raises his or her hands.)*

**Oh, I'm sorry we don't have any time. I know you worked hard, but there just isn't enough time for the others to see what you have done. So are you ready to go back to Kids Church now?**

**No? Oh, I see. It really is important for us to take time to look at our creations. Well, I agree. I guess we can make the time.**

**This reminds me of what God did when he created the whole earth in six days. Do you know what he did on the seventh day? He rested. Not because he was tired, but because his work was perfect and complete. He made a special day so that the finished work could be enjoyed. That is what we are doing right now. Let's enjoy the finished work by taking a look at our creations.**

Bring the chickens to the front and comment on their artistry and creativity. Give lots of affirmation and applause for the finished work. Wrap up with the following.

**Genesis 1:31 says this, “And God saw everything that he had made and that it was very good. There was evening, then morning—the sixth day.” By the seventh day, God finished all the work of his marvelous creation. He made the seventh day special. He set it apart as holy. Boys and girls, on the seventh day, God created rest. It was a day God made for our enjoyment and his.**

## **Bible Presentation:** A Visit from a Dramatized Character

*A costumed adult presents the Bible event, telling it from a first person point of view. This person should be introduced by asking children to put on their imagination hats so they imagine that this really is the person in the Bible event.*

*Supplies:*

- *One paper plate or bowl. Fill with enough honey graham crackers for each child.*
- *One paper plate or bowl. Fill with two graham crackers for every child.*
- *One empty paper plate or bowl.*
- *Costume for dramatized character.*

*Option: Use Honey Comb Cereal in place of the graham crackers.*

This dramatic presentation will require some assisting adults to be sneaky in hiding the plates during the presentation. The first plate containing one cracker or piece of cereal for every child needs to be hidden on the right side of the room. The second plate, having two pieces per child, needs to be hidden on the left side of the room. The empty third plate can be hidden in the center or wherever it might be found last. One way to accomplish this is to have an adult hold it in secret until that portion of the script calls for the children to look for it.

### Introduction of character appearing in costume dress

**Hello, my name is Jochebed, for I am an Israelite. I lived 3,500 years ago in the days of Moses. You won’t read about me in the Bible, but I have a story to tell. I was there when God freed our people from slavery in Egypt. I was there when Moses pointed his staff over the Red Sea and our people crossed on dry land, escaping the Egyptian army. I was there as our people wandered in the desert wilderness on the way to the Promised Land. And that is what I want to talk to you about today.**

**Have you ever been in a desert without food? I have, as did all the other Israelites out in the middle of nowhere with nothing to eat. We complained to the Lord, “Why did you bring us out here to die?” I know now that was definitely a complaint more than it was a prayer.**

**All we needed to do was trust him and he would provide. Our God is so merciful, he provided even in the midst of our complaint.**

### Manna – What is it?

**This is how God provided. He gave us this bread-like stuff that was found on the ground every morning. When we first found it, we said, “Manna,” which means, “What is it?” We had never seen anything like it. It just appeared. All we had to do was hunt for it. As a matter of fact, maybe you would like to go out and hunt for some right now. I think there might be some manna in the room over there.**

Point to the right side of the room.

**Can we have some of you get up and hunt for it? If you find it, then share it with everyone.**

Have the kids search and interact with them as they do. Once they have found the plate with crackers, give them each a piece to taste.

**This manna tasted a little like coriander seed wafers made with honey. Are you enjoying it? Yes, we had manna every day. All we had to do was go out and gather it. God gave us very special instructions. We were not to gather more than what we could eat every day. If we tried to stockpile or save any, it rotted. It was filled with worms and was inedible. Now, why do you think God did that? Maybe it was because he wanted us to trust him every day for our daily bread.**

### Sixth day – Twice as much

**On the sixth day, the day before Sabbath, our worship day, God told us to gather twice as much manna. He said that on the sixth day the manna would not rot or spoil, but we would have enough for the next day, the Sabbath day. For on the Sabbath day, we were not to go out and gather any at all. God wanted us to rest on the Sabbath, and if we were working, looking for manna, then we could not be resting.**

**Look in that part of the room (point to the left side of room), and maybe you can find enough manna for the sixth day.**

Let the kids go searching for the plate with two pieces per child.

**Ah, now you have one in each hand... one portion to eat today, and one portion for the seventh day.**



## Seventh day – Sabbath rest

Now let's pretend it is the Sabbath day. The Sabbath means "stop – rest." The Sabbath is God's worship day. On this day, we were not to do any kind of work but rather rest from our work and remember how God had provided throughout the week. So everyone eat your second bite of "manna" that you picked up yesterday.

But, if you went out to look on the Sabbath day for manna, you know what you would find? Let's see. Look in that part of the room for manna. Produce the empty plate. Yes, that is exactly what we found, nothing. For God meant it when he said, "On the Sabbath day, rest."

## God's commandment – Remember the Sabbath

All of this reminds me of what God tells us in his commandments. "Remember the Sabbath day and keep it holy." Or, "Remember the day of worship, by observing it as a holy day." From this time on, our people learned to make a special day for the Lord. It is a day that we remember that God is all we need. He provides all things in life. He is our God and we are his people. Sometimes we can get too busy and forget all about that. God wants to make sure that we remember, so he made it a commandment.

## Jesus is the Bread of Life

Though I lived 3,500 years ago, I waited for God's promise to send a Messiah, a promised one, who would come from God himself. I understand now that he, indeed, arrived. His name was Yeshua, or Jesus. And when Jesus walked here on earth, he, too, fed people with bread... in a miraculous way. But when he did, he reminded them that there is something more important than free bread. He reminded them that he is the Bread of Life.

When we have him in our souls, our souls are no longer hungry. They are satisfied. He even said that he is Lord of the Sabbath, the one in whom we will find our rest forever with God. I'm glad to see you in worship this day and hope you find rest in Jesus himself, as well.

# Application:

Read the following unfinished story. Let the children make up an ending, answering the question “Why go to church?”

**Antonio and Jerome were best friends. They not only went to school together, but they played on the same soccer team and lived in the same neighborhood. They liked to ride their bikes, play in the park and spend a lot of time at each other’s homes. Yet there was something different about one of them. Antonio went to church every Sunday and Jerome did not. Jerome didn’t quite understand why Antonio went to church. He didn’t understand it because he had never attended church.**

**One weekend Antonio invited Jerome to spend the night with him on Saturday. Both boys were excited because the next day they had a soccer game at noon. Their team was entered in a tournament and would have a chance to play the championship match. But before Jerome came over to Antonio’s to spend the night, Antonio told him they would go to church the next day before the soccer game. As a matter of fact, they would have to leave from church to go straight to the soccer game to make it on time. They would even have to wear their uniforms to church.**

**“What?” said Jerome. “You mean you have to go to church even on a day there is a soccer game? I don’t get it. Why do you go to church?”**

**Antonio knew it was a great opportunity to explain to Jerome why he went to church. So, he said...**

Take comments from the audience as to what Antonio might have replied to Jerome. After several comments, continue.

**When Jerome and Antonio went to church, Jerome was pleasantly surprised. One thing that surprised him was...**

Again, let the children volunteer their answers.

**Finally, the best thing that Jerome liked about church on his first day was....**

**When it was all done, Antonio was thankful that he brought Jerome, and glad that Jerome liked his church. Even though, at first, the soccer game seemed like the most important thing that would**

**happen that Sunday, Jerome now realized that there was something more important than soccer. It was...** (Have the kids fill in the blank.)

Talk about how God wants us to have worship time with him, so that we can be reminded about how much he loves us and how we can find rest in what Jesus has done for us.



# Witness

## Witness and Tell:

*Give children opportunities to share how God is working in their lives. It is best to use a microphone to ask children interview questions around the theme for the day.*

Invite kids to come forward and share when they have had some of their favorite moments at church.

## Prayer:

*Let the kids pray out loud. If you are using a microphone, invite children to form a prayer line and speak their thanksgivings or requests. If you have portable microphones, you can roam the audience. Kids can also go to prayer stations set up for specific types of prayer.*

## Blessing:

*Speak a blessing prayer over the children. Personalize this to your setting. Use a special scripture verse or blessing around the theme of the day.*

## Song of Sending:

*Choose one song. Briefly introduce song so kids can better understand what they are singing and be drawn into a more focused worship. Keep the attention on God.*

# Supplies:

## *Attention Grabber:*

- five volunteers

## *Power of the Cross:*

- one volunteer

## *Learning Game:*

- several stacks of newspaper
- several rolls of masking tape

## *Bible Presentation:*

- three paper plates or bowls
- graham crackers or Honey Comb cereal
- Jewish man costume

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