

Lesson 1

God's Day is Holy

Lesson Overview

BIBLE LESSON: Genesis 2:1-3 and Hebrews 4:9

MEMORY VERSE: I was glad when they said to me, "Let us go to the house of the Lord."
Psalm 122:1

CHALLENGE MEMORY VERSE: This is the day which the Lord has made; let us rejoice and be glad in it. Psalm 118:24

CATECHISM: The Third Commandment: Remember the Sabbath day, to keep it holy.
What does this mean? We should fear and love God so that we do not despise His Word and the preaching of the same, but regard it as holy, and gladly hear and learn it.

LESSON OBJECTIVES

The student will:

- learn that we honor God by hearing His Word, especially as we gather to worship on Sundays.
- understand that rest is a gift from God.

MATERIALS: Lessons, activity sheets

LESSON OVERVIEW: The Third Commandment prescribes a special day God has set aside for us to honor him every week. That day is a gift of great benefit to us. God created the world in six days and when His work was finished, God rested. Reviewing the creation story briefly from Chapter 1 may be helpful. The finished work of God and His rest make the Sabbath day unique. The word "sabbath" means rest or cease. God blessed the Sabbath day. The pattern of working six days followed by a day of rest is a God-given cycle. We are to remember it and keep it holy.

POSSIBLE QUESTIONS: 1) Why did God make the seventh day special? 2) What does the Bible call God's day? 3) What does the Third Commandment say about how we treat God's special day? 4) How do we keep God's day special? 5) Can you think of good things to do on God's Day?

ACTIVITY 1: Write in and drawing activity. Write three verbs to tell ways that we can keep the Third Commandment. Then draw a picture of how you keep God's day holy.

ACTIVITY 2: Coloring and fill in the blank activity. Color all the boxes with an X blue. Color all the other boxes yellow. Write the Message (Hear God's Word) and talk about ways to follow it.