



Family Study Guides

THE TEN COMMANDMENTS

4. "REMEMBER THE SABBATH DAY, TO KEEP IT HOLY."

THE TEN COMMANDMENTS

Family Study Guide

4. "Remember the Sabbath Day, to keep it holy."

[We suggest that as you use this Family Study Guide, select and focus on a main portion or two that you feel will help your family's study into the commandment. You do not need to cover every aspect, discussion or scripture presented in this guide. Select the aspects or principles most relevant or helpful to your family.]

Objectives:

- Define with your family God's commands and expectations for how to remember the Sabbath day. The Sabbath is a day to honor God, a day of rest, and a day to do good.
- List and discuss the rewards God offers for those who keep His Sabbath and call it a delight.
- Discuss with your children how God taught the Israelites about the Sabbath through the giving of manna.
- Analyze how Jesus observed the Sabbath using scriptural evidence from the Bible.

MEMORY VERSE:

Exodus 16:30 *So the people rested on the seventh day.*

Scriptures:

Luke 6:1-11

Isaiah 58:13-14

Exodus 20:8-11

[If your child has been to a United Youth Camp, ask them if they remember these scriptures.]

Biblical Principal Discussions: [Relate each of the following scenarios to your relationship with God and the Sabbath]

⇒ Scenario 1

What if you could choose not to go to school? If you sleep in – no worry – just turn off the alarm clock and get more rest. After all, they make school for you, right? So you'll go when you want and **IF** you want.

What if you could choose what hours you went? 1 hour? 2 hours? 45 min?

What if you could go into any classroom at any time you wanted to?

- Would you have more fun?
- Would it be easier?

What would be the end result of kids doing this? What would end up happening with the kids who chose this way? What would happen to schools? What would happen to society?

- Wouldn't learn
- Schools couldn't run
- Teachers could not teach
- Kids could not get real jobs
- Employers would not hire uneducated people

⇒ **Scenario 2**

What if your parents bought you a new i-phone or i-pad? They pay for the equipment, the phone time, the Internet/wireless access.

- To be able to communicate with parents (talking, texting, Internet, etc.)
- So you can do school projects on it.
- So you can access and learn from the Worldwide Web
- So you can do school projects on it.
- Send them photos of your activities
- Watch history, science and educational movies

What do you think they would want you to do with the i-pad? (all the above)

Would they expect you to enjoy the gift they gave you? What if you said, "Oh, I don't have time for this thing? Instead, why didn't you just get me some M-rated games for my XBOX and a bunch of horror movies?"

How do you think they would react if you:

- Removed your parents from Facebook, email, phone, text access but excessively used the apps for everyone else?
- What if you refused to do school projects on it – and only played games instead?
- What if you started sexting instead of texting?
- What if, instead of using the web for education – you used it for porn instead?

How many of you were very tired last night after a hard week of school and/or work? Did you get to sleep in this morning? How did it feel? After God created the earth and all that is in it, what do you think He did on that first Sabbath? He rested and enjoyed His creation. Do you think that He felt like He was missing out on something?

Let's look at what God – the Creator has given us – as a gift for good. Think about how he has expectations for the way we use this gift. [Pull pieces from Creation 7th day Family Study Guide.]

Exodus 20:8-11 Remember to observe the Sabbath day by keeping it holy. 9 You have six days each week for your ordinary work, 10 but the seventh day is a Sabbath day of rest dedicated to the Lord your God.

Possible Questions for Family Discussion:

- ✓ God created a very special day at creation. Do you remember what this day was?
[Answer: The Sabbath.]
- ✓ What is different about the Sabbath day from the other days of the week?
[Possible answers: It is holy. We attend Sabbath services. We don't work. We spend time without families. We rest. We learn about and worship God.]

God set us an example by resting on the Sabbath. He does not want us to do our usual work on the Sabbath.

Exodus 16:28 The Lord asked Moses, "How long will these people refuse to obey my commands and instructions? 29 They must realize that the Sabbath is the Lord's gift to you.

Isaiah 56:2 Blessed are all those who are careful to do this. Blessed are those who honor my Sabbath days of rest and keep themselves from doing wrong.

Isaiah 58:13-14 NLT *Keep the Sabbath day holy. Don't pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the Lord's holy day. Honor the Sabbath in everything you do on that day, and don't follow your own desires or talk idly. 14 Then the Lord will be your delight. I will give you great honor and satisfy you with the inheritance I promised to your ancestor Jacob. I, the Lord, have spoken!*

Isaiah 58:13 NCV *You must obey God's law about the Sabbath and not do what pleases yourselves on that holy day. You should call the Sabbath a joyful day and honor it as the Lord's holy day. You should honor it by not doing whatever you please nor saying whatever you please on that day.*

To Do:

- ✓ Explain the purpose of the Sabbath in your own words.
- ✓ The Sabbath is our special "appointment with God"--a time to rest and learn about him, and a time to serve. Describe the ways you already make the Sabbath holy and special time. Then, describe how you can improve the way you observe the Sabbath day.

Old Testament Example:

Remember back to when the Israelites were slaves in Egypt. They belonged to the Pharaoh, the king of Egypt, and had to do exactly what he said. They could not worship God because the Pharaoh would not let them. They could not keep the Sabbath day as God wanted, because Pharaoh made them work every day. They had even forgotten which day the Sabbath was!

They cried to God for help and God heard their prayers. He told Moses to lead the Israelites out of Egypt into the desert where they could worship God. They did not understand about the Sabbath and needed to learn how to keep it the way God wanted them to.

Read the story in **Exodus 16:1-31**. Especially emphasize that they were to gather extra manna on the sixth day as preparation for the Sabbath so they would not be working on the Sabbath gathering food. God used the manna as a teaching tool.

- ✓ What did God do when the Israelites complained about not having food?
- ✓ Did the people have to work to get their food?
- ✓ What day could the people gather twice as much manna?
- ✓ Why could they save the manna only on this day?

New Testament Examples:

What do you think it would do to your health if you never stopped and rested a day? Why do you think God made the Sabbath day?

Read: Mark 2:27 *And Jesus concluded, "The Sabbath was made for the good of man; man was not made for the Sabbath. 28 So the Son of Man is Lord even of the Sabbath."* TEV

God made the Sabbath as a gift to man.

Since man is the one who is to benefit from the Sabbath, do you think God make it hurt us or was it for our good?

Mark 3:4 Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?"

- ✓ Give some examples of what might be appropriate on the Sabbath.
- ✓ Give some examples of what might be inappropriate on the Sabbath.
- ✓ Give some examples of what your family does to make the Sabbath a delight?

What did Christ do on the Sabbath?

So what should or shouldn't we do on the Sabbath day?

Let's answer that question by finding out what Jesus did. He was a human being and lived on this earth the same as we all do. He faced that question every seventh day.

One Sabbath Jesus and His disciples walked through a grain field and broke off some grains for wheat, rubbed the husk off in their hands and ate it. The Pharisees saw it and said, "*They can't do that, it's illegal because they are working on the Sabbath.*"

Jesus answered them, "*Haven't you even read where King David and his men were hungry and at the showbread (a special bread that is required by the law to be placed before God) in the Temple?*" Jesus was showing that human needs can take precedent over the letter of the law.

On another Sabbath, Jesus was in the synagogue teaching and a man with a deformed hand was present. Again, the Pharisees were watching to see if Jesus would heal this man of this deformity on the Sabbath. They were eager to find some fault in Jesus.

Jesus had a question for the Pharisees and teachers of the law. "*Is it right to do good on the Sabbath day, or to do harm? To save life or to destroy it?*" Jesus looked each one in them straight in the eye. Then He asked the man to stretch out his hand. He did, and it became a completely normal hand. The Pharisees were not very happy that Jesus was more concerned about taking care of human needs than in being as picky as they were about keeping the Sabbath.

The Bible plainly shows that it is wrong to do our normal work on the Sabbath, but Jesus also shows us that we can do good on the Sabbath, it is all right to see to human needs.

- ✓ **How do you think Jesus felt when he did the good deed of healing the man's deformed hand? How will you feel when you do good deeds?**
- ✓ **Ask yourself, "What would Jesus do?" A good rule of thumb is not to do anything that Jesus wouldn't do on the Sabbath.**

What benefits will you gain from doing these things because you love God and the Sabbath so much?
We say we believe in keeping the Sabbath, Let's live it.

Possible Family Discussions or Activities

- ✓ How did you learn to keep the Sabbath holy? Share with your child how you learned about the Sabbath.
- ✓ Discuss what God means when He says “Remember the Sabbath” and how we can properly keep the Sabbath properly. Have each family member say what he or she likes about keeping the Sabbath day.
- ✓ As a family, review the following principles and scriptures:
 1. It is good to do good on the Sabbath (**Matthew 12:9-13**).
 2. It is good to assemble on the Sabbath (**Hebrews 10:25**).
 3. Emergencies can be attended to on the Sabbath (**Luke 14:5**).
 4. You may do what is necessary to meet basic needs (**Mark 2:23-27**).
- ✓ As a family, discuss how to keep **Isaiah 58:13-14**.
- ✓ Talk about what might be appropriate things to do on the Sabbath. Also what might be inappropriate on the Sabbath?
- ✓ In **Exodus 16:1-31**, the Israelites were expected to prepare for the Sabbath by gathering twice the amount of manna on the sixth day. Discuss the ways that your family prepares for the Sabbath.
- ✓ Do you consider the Sabbath to be the best day of the week, or does it seem to go on forever? What kinds of things would you like to see changed about the way you keep the Sabbath? As a family talk about things your family does/could do to make the Sabbath a delight?
- ✓ Describe some benefits of observing the Sabbath or possible consequences of not observing the Sabbath.
- ✓ Discuss what would life be like if God had not set aside a day of worship for His people?
- ✓ **Start a new family Sabbath tradition.** Some ideas are:
 1. Bring a Proverb to dinner. Each family member and guest writes a proverb on a card. During Sabbath dinner each person reads and explains their proverb.
 2. Take a nature walk. Take a sketch book or make a scrapbook of leaves.
 3. Play charades of people and stories from the Bible.
 4. Pick a story or parable from the Bible and decorate your Sabbath table with ideas from the story. Turn the lights low and perhaps act out the story Sabbath evening or have someone read or tell the story.
 5. Invite friends, family, or someone from church who keeps the Sabbath to share a special meal with you. Share stories of how God has blessed you for keeping the Sabbath.

Additional Family Resources:

- **UCG Study Booklet "The Ten Commandments"** <https://www.ucg.org/bible-study-tools/booklets/the-ten-commandments>
- **UCG Study Booklet "Sunset to Sunset: God's Sabbath Rest"** <https://www.ucg.org/bible-study-tools/booklets/sunset-to-sunset-gods-sabbath-rest>
- **Beyond Today TV "Is the Sabbath Relevant for Christians?"** <https://www.ucg.org/beyond-today/beyond-today-television-program/is-the-sabbath-relevant-for-christians>
- **Beyond Today TV "Benefits of the Sabbath"** <https://www.ucg.org/beyond-today/beyond-today-television-program/benefits-of-the-sabbath>
- **UCG Teen Bible Study Guides "The Fourth Commandment: Keep the Sabbath Holy"** <https://www.ucg.org/teen-bible-study/teen-bible-study-volume-3-ten-commandments/fourth-commandment-keep-sabbath-holy>
- **UCG Short Films: Jelly Loves the Sabbath (Sing-along)** <https://www.youtube.com/watch?v=YM2aZ2NMmNI>

Optional Class Activities:

1. ACTIVITY Manna and Tents: (Young ones)

Materials:

Bible

Prepare beforehand: Find or draw a picture of tents in the desert.

Make a copy for each child.

Puffed rice cereal; Glue; Pencils or Crayons

Give each child a copy of the picture of tents in the desert.

Have the children color the picture or cut out the picture.

Give each child a small amount of puffed rice cereal.

Have them glue the cereal to the picture to represent the manna.

Have them draw some people gathering the manna.

Discuss that the Israelites gathered manna every day, but not on the Sabbath. **It was a sign.**

2. SCENARIOS:

Discuss what God would want in both these situations.

- ✓ Bobby enjoys playing video games or other quiet games before going to church services
- ✓ John's friend offered him \$5 to help him mow the lawn last Sabbath. John said "Sure!" because he really needed the money.

3. ACTIVITY: The 5 W's and H of God's Sabbath Day

(This could be a game option for YI-Summary Class)

- **Who**
 - should observe the Sabbath?
 - is "Lord of the Sabbath" and what does that mean?
 - observed the Sabbath in the Old Testament? New Testament?
- **What**
 - makes the Sabbath different from other days?
 - did Christ do to model observance of the Sabbath Day?
 - are the benefits of observing the Sabbath?
- **When**
 - is the Sabbath day?
 - was the Sabbath created?
- **Where** can instructions and commands for Sabbath observance be found in the Bible?
- **Why** is it important to observe the Sabbath day?
- **How** did God establish the Sabbath day? How do we "remember the Sabbath day to keep it holy?" How is the Sabbath a "sign"?

4. DISCUSSION AND ACTIVITY:

- ⇒ **What do you feel are the pros and cons for keeping the Sabbath?** On one side of the whiteboard/poster paper write Pros and Cons on the other side. List the points as students give them under the appropriate side.
- ⇒ **How do you know what is appropriate to do or not do on the Sabbath? Discuss WHY.** Have the students search in their Bibles to see what it says. **Exodus 20:8**, (six days to do daily duties and regular work, but the seventh day of the week is a day of Sabbath rest. Jesus adds understanding to that scripture by showing that we can do good on the Sabbath. Taking care of human needs by relieving suffering or hunger is good to do on the Sabbath. You don't have your regular work and duties to do, so you can get extra sleep and rest. Your greatest desire should be to know God better. You do this by attending Church services and Youth Instruction class. Spend extra time praying and studying. Spend extra time looking at nature and appreciating the things God created. It helps us understand how good and great God is.)

5. REVIEW ACTIVITY:

Have the students fill out their "Sabbath Activity" sheet. Have one student read one of the things he listed that will please God and make the Sabbath fun. The person next to him can tell who she would enjoy doing that activity with. Then the next person give one good thing on their list that they can do on the Sabbath to help another person. Then let the next person tell who they would like to do that good deed for. Continue around the room until everyone's list is finished.

6. ACTIVITY:

If you have many students, use a group to look up and discuss each of the first and second points below. If you don't, then lead them through a discussion of each.

Now that we can see the big picture of God's Sabbath, let's look at some applications of its true values. Here are two principles we can learn from why God created the Sabbath.

1. Healing and doing good works is appropriate for the Sabbath (**Matthew 12:9-13**).
2. Assembling congregationally—going to church—is important for the Sabbath (Hebrews 10:25).

There are two more categories that may be necessary for the Sabbath because we are human:

1. Emergencies (**Luke 14:5**).
2. Necessities (**Mark 2:23**).

Remember that Jesus Christ hasn't changed (**Hebrews 13:8**)! If Jesus Christ thought it was a good idea at creation, He still thinks it is a good idea today (**Malachi 3:6**). Consider **Isaiah 58:13-14** for a discussion on how God wants us to keep the Sabbath.

1. Not having your own fun. We need to learn that what God says is fun, what is true fun. This comes by practice.
2. Not doing your own business or work. This is talking about our daily jobs. (Discuss what children do as work. Schoolwork is sometimes their job six days a week. No homework on the Sabbath.)
3. Not following your own desires and pleasure. Take a break from what you do for fun on the other six days (skateboarding, surfing, baseball or other activities). If you do it six days, make the seventh different.
4. Nor talking idly. Try to find things to talk about that are uplifting. This is hard, but we all have to work at this.
5. Then the Lord will be your delight. (Choose God, and He will not forget you.)
6. And He will see to it that you ride high.
7. He will see to it that you get your full share of the blessings.

Fill in the Missing Words

Use your bible to look up the scriptures and complete the statements.

Mark 2:27-28 "And He [Jesus] said to them, 'The _____ was made for _____, and not _____ for the _____. Therefore the Son of Man is also _____ of the _____.'"

Luke 11:46 "And He said, 'Woe to you also, lawyers! For you _____ men with _____ hard to bear, and you yourselves do not touch the burdens with one of your _____.'"

Mark 3:1-2 "And He entered the _____ again, and a man was there who had a _____ hand. So they _____ Him closely, whether He would heal him on the _____, so that they might _____ Him."