

✦ THE SABBATH ✦



“Remember the Sabbath day, and  
keep it holy.”

– EXODUS 20:8

TEN COMMANDMENTS 3

  
LIVING FAITH SERIES



**THE FAITH 5**  
SHARE, READ, TALK, PRAY, BLESS



**“Night into Egypt”**

by Dr. He Qi  
([www.heqigallery.com](http://www.heqigallery.com))

**THEME VERSE**

REMEMBER THE  
SABBATH DAY, AND  
KEEP IT HOLY.

— EXODUS 20:8

# FAITH 5™ TIME

*Model this five-step process at church today, then bring it on home!*



**SHARE** your highs and lows of the week one-on-one with another person. Listen carefully and record their thoughts in the space below. Then return to small group and share your friend's highs and lows with the group.

**MY HIGH THIS WEEK**

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**MY LOW THIS WEEK**

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**MY FRIEND'S HIGH THIS WEEK**

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**MY FRIEND'S LOW THIS WEEK**

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**READ** and highlight the theme verse in your Bible.







## CATECHISM CONNECTION

Go over Questions 35-44 (pg 67-73) in the Small Catechism and discuss.

*Use your catechism to help answer the following questions.*

1. How do people keep the Sabbath Day holy?
2. What excuses do people often use for not going to church?
3. Why is it that people who profess love for Christ sometimes do not support His work?
4. What words best describe God's presence in your life?
5. How does God serve us in the worship service? How are we to receive such service from God?
6. What should prompt us to support the church and to do good to all people?
7. In what ways does God's power and love strengthen you for daily living?



## CHRISTIAN DOCTRINE

Rest. When we are asked, “How are you doing” what is the most common response after, fine? Usually it is that we are tired or need more rest. God knew we would need rest from our work. When He created the world, he planned a special day for us to rest and worship Him.

### Excerpt from the Large Catechism

At whatever time God’s Word is taught, preached, heard, read, or pondered, there the person, the day, and the work are sanctified by it, not on account of the external work but on account of the Word which makes us all saints (377:92)

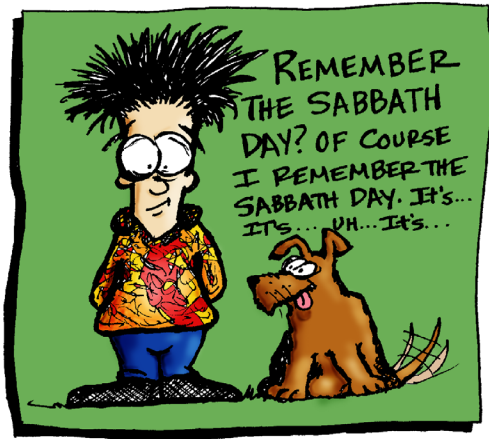
Therefore this commandment is violated not only by those who grossly misuse and desecrate the holy day, .ie those who in their freed or frivolity neglect to hear God’s Word or lie around the taverns dead drunk like swine, but also by that multitude of other who listen to God’ Word as they would to any other entertainment, who only from force of habit go to hear preaching and depart again with as little knowledge of the Word at the end of the year as at the beginning. (378:96)



*Sola Fide*

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FAITH ALONE



**† TERMS** Write a group definition of these words:

**HOLIDAY** \_\_\_\_\_

**RECREATION** \_\_\_\_\_

**REMEMBER** \_\_\_\_\_

**SABBATH** \_\_\_\_\_

**WORSHIP** \_\_\_\_\_



**PRAY** for one another. Gather in a circle and lock arms. Praise and thank God for your highs. Ask God to be with you in your lows. Pray for your friend's highs and lows and for your world. Close in Jesus' name.

**A PRAISING PRAYER** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**A THANKING PRAYER** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**AN ASKING PRAYER** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



**BLESS** one another by name. Trace the sign of the cross on a forehead or palm as you share these words or another favorite blessing:

**“(NAME), CHILD OF GOD, MAY YOU REST IN THE ARMS OF THE GOD WHO LOVES YOU.”**

**† REMEMBER  
1 THING**

*The Sabbath was given as a gift - a day of rest, worship and re-creation. We are to use it to hear God's Word, celebrate God's goodness and be restored for the week ahead.*



# THE SABBATH

Keep your family communicating every night and grow together in insight, love and your understanding of one another and God. Try this simple five-step process just before bed for maximum impact. New to the process? Focus on step 1 initially, and grow from there. Check out [www.faithink.com](http://www.faithink.com), FINKlink TCo3 for additional games, songs, and devotions on this theme.



**SHARE** your highs and lows of the day.



**READ** and highlight these verses—one a day—in your Bible.

**WEEK 1**

- Day 1 Exodus 20:8
- Day 2 Exodus 20:9-10
- Day 3 Exodus 20:11
- Day 4 Exodus 16:23a
- Day 5 I Samuel 3:10
- Day 6 Psalm 122:1
- Day 7 Review - Exodus 20:8

**WEEK 2**

- Day 1 Luke 2:49b
- Day 2 Proverbs 30:5
- Day 3 II Kings 17:39
- Day 4 Luke 4:8
- Day 5 Matthew 18:20
- Day 6 Romans 10:17
- Day 7 Review - Exodus 20:8



**TALK** about your highs and lows in relation to the verse for the day. Ask “How does this verse relate to our highs and lows?” and “What might God be saying to us today?”



**PRAY** for one another. Praise and thank God for today’s highs. Ask for help with today’s lows. Include highs and lows of your family, friends and world in this prayer. Close in Jesus’ name.



**BLESS** one another using the following blessing, marking one another with the sign of the cross:

“(NAME), CHILD OF GOD, MAY YOU REST IN THE ARMS OF THE GOD WHO LOVES YOU.”

**FAMILY COVENANT:** *We have shared the FAITH 5™ together as a family this week.*

\_\_\_\_\_  
Parent’s Signature

\_\_\_\_\_  
Teen’s Signature

\_\_\_\_\_  
Date