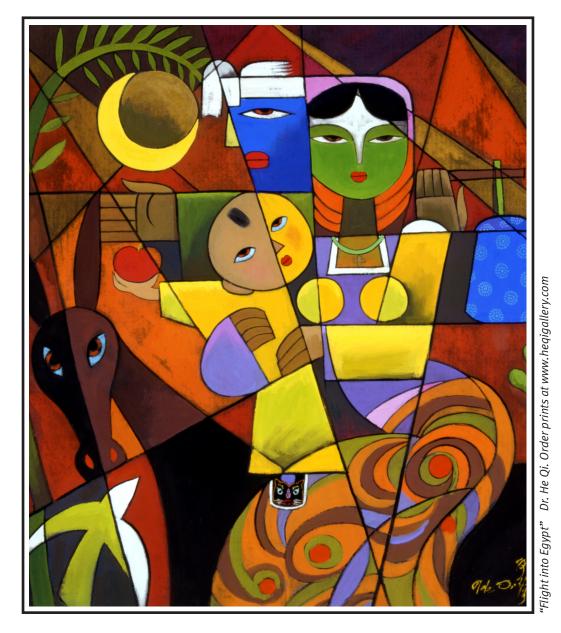
# ◆ THE SABBATH ◆



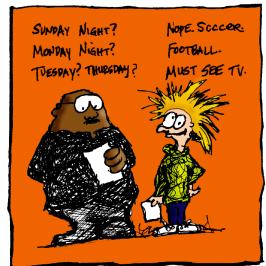
"Remember the Sabbath day, and keep it holy."

- Exodus 20:8

TEN COMMANDMENTS 3

LIVING FAITH SERIES





















# THE SABBATH



"Піснт іпто Egypt"

by Dr. He Qi (www.heqigallery.com)

THEME VERSE

REMEMBER THE SABBATH DAY, AND KEEP IT HOLY. FAITH 5 TIME

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

- Exodus 20:8

SHARE your highs and lows of the week oneon-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 MY LOW THIS WEEK MY FRIEND'S HIGH THIS WEEK MY FRIEND'S LOW THIS WEEK



READ and highlight the theme verse in your Bible.



#### + ART ATTACK & MINDZEYE GALLERY

What do you see in today's theme art or your own drawings? How do the art and the theme verse relate to each other? How do they relate to your highs and lows?

#### + ROLE PLAY

Assign roles and take turns acting out the following:

Respond to friends who tell you the following:

- a. "I don't need to go to church. I can worship God in the woods."
- b. "Sunday is the only day I can sleep in."
- c. "I have to work on Sunday mornings because I need the money."

#### + QUESTIONS TO PONDER

Share your thoughts on the questions below:

- **1.** What are some spiritual exercises that keep people strong?
- **2.** Working out once a week is better than nothing, but doing a little every day is a much healthier way to live. Which of the spiritual exercises you just listed can you do every day? Why would you do them? Will you do them?
- 3. What is the difference between recreation and wreck creation?

#### +QUOTATIONS

Choose a quotation on the right and share why you chose it.

### QUOTATIONS TO CHEW ON

THE TIME TO RELAX IS WHEN YOU DON'T HAVE TIME FOR IT.

Sidney |. HARRIS

LOOK AT THE PARKING LOT AT THE MALL AND THE BALL FIELD ON SUNDAY AND YOU'LL FIND THAT MOST AMERICANS DO WORSHIP REGULARLY. THEY JUST WORSHIP IN A TEMPLE TO A LESSER GOD.

RICH MELHEIM

It's true that you don't have to go to Church to worship.
You can worship God in the woods. But when was the last time a tree offered you the full and complete forgiveness of all your sins?

Unknown



# # 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 be 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)





+TERMS	Write a group definition of these words:			
HOLIDAY				
RECREATION				
REMEMBER				
SABBATH				

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.

WORSHIP

A PRAISING PRAYER	
A THANKING PRAYER	
AN ASKING PRAYER	
AN AUNITURE	
_	

"(Mame), Child of God, may you rest in the arms of the God who loves you."

palm as you share these words or another favorite blessing:

**BLESS** one another by name. Trace the sign of the cross on a forehead or

+ R E M E M B E R 1 T H I N G 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, 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 WEEK 2

David	Fradria and	Davis	Lulanavak
Day 1	Exodus 20:8	Day 1	Luke 2:49b
Day 2	Exodus 20:9-10	Day 2	Proverbs 30:5
Day 3	Exodus 20:11	Day 3	II Kings 17:39
Day 4	Exodus 16:23a	Day 4	Luke 4:8
Day 5	I Samuel 3:10	Day 5	Matthew 18:20
Day 6	Psalm 122:1	Day 6	Romans 10:17
Day 7	Review - Exodus 20:8	Day 7	Review - Exodus 20:8



ALK 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?"



FRAY 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  $5^{\text{TM}}$  together as a family this week.

Parent's Signature	Teen's Signature	Date