

## **Lesson 19**

### **The Sabbath Day**

#### **Understanding the Sabbath Day: A Day of Rest and Worship**

##### **What is the Sabbath Day?**

The Sabbath day is a special day set aside by God for rest and worship. In the Bible, it's the seventh day of the week, but after Jesus rose from the dead, Christians began observing the first day of the week, Sunday, as their Sabbath.

##### **The Purpose of the Sabbath Day**

The Sabbath is not just about taking a break from work; it's about spending time with God. Jesus taught that the Sabbath was made to help us (Mark 2:27). It's a time to think about spiritual things, go to church, and be with family.

##### **History of the Sabbath**

From the very beginning, God made the Sabbath a special day (Genesis 2:2–3). He commanded His people to remember and keep it holy (Exodus 20:8). Throughout history, people have observed the Sabbath as a way to show they belong to God and to take a break from their usual activities.

##### **The Lord's Day**

After Jesus rose from the dead, His followers started honoring Sunday, the day of His Resurrection, as their Sabbath. This was to remember and celebrate Jesus' victory over death. God wants us to honor Sunday as a special day too.

##### **Keeping the Sabbath Day Holy**

To keep the Sabbath holy means to set it apart for God. This includes going to church, resting from our regular work, and doing things that bring us closer to God. We should avoid activities that distract us from worshiping and spending time with our families.

##### **Blessings for Observing the Sabbath**

**When we honor the Sabbath, God promises to bless us with joy and abundance. He provides for our needs and gives us strength for the week ahead. Keeping the Sabbath brings us closer to God and fills our hearts with happiness.**

### **Scripture References:**

- Genesis 2:2–3
- Exodus 20:8
- Mark 2:27
- Acts 20:7 (Meeting on the first day of the week)

By remembering the Sabbath and making it a special day, we show our love for God and receive His blessings in return.

Title: "A Day of Peace and Joy"

In a quaint village nestled amidst rolling hills, there lived a girl named Lily. Every week, Lily eagerly awaited the arrival of the Sabbath day—a day she cherished for its peacefulness and joy.

As the sun rose on a bright Sunday morning, Lily's family gathered around the breakfast table, their faces beaming with anticipation. Together, they shared a hearty meal, grateful for the blessings of the new day.

After breakfast, Lily and her family made their way to the village church, their footsteps light and eager. Inside, the air was filled with a sense of reverence and tranquility as the congregation gathered for worship.

Lily listened intently as the pastor spoke about the importance of the Sabbath day. She learned that it was a special time set aside by God for rest and worship, a day to draw closer to Him and to spend quality time with loved ones.

As the church bells chimed, signaling the end of the service, Lily felt a sense of peace wash over her. She knew that the Sabbath was not just about taking a break from work; it was about renewing her spirit and reconnecting with her faith.

After church, Lily and her family enjoyed a leisurely afternoon together. They went for a stroll in the nearby park, admiring the beauty of God's creation. They shared laughter and stories, strengthening the bonds of love that united them as a family.

As the day drew to a close, Lily felt a profound sense of gratitude in her heart. She knew that by honoring the Sabbath, she was following God's commandments and inviting His blessings into her life.

That night, as Lily drifted off to sleep, she whispered a prayer of thanks to God for the precious gift of the Sabbath day. She knew that as long as she continued to honor and keep it holy, she would always find joy and peace in His presence.