

=BIBLE DOCTRINES=

Lesson 21

The Lord's Day or the Sabbath

Scripture: Exodus 20:10, 11; 31:12-17; 15:32-36; Matthew 12:1-13; Colossians 2:14-18

Objects to have:

Chalk and chalkboard or poster paper and marking pen
Cut-out paper objects: shoe, toy, Bible, hand, mouth, eye
Scotch tape
Your Bible.

Introducing the lesson:

(Before class time draw on the chalkboard or the poster paper a horizontal row of seven boxes, making the first and seventh boxes much longer than the other five boxes. The first box should be large enough to contain all of the cut-out paper objects. There should be space left at the top of the board or the paper for you to draw two rows of three disconnected arcs while giving the latter part of the introduction.) "Children, see these boxes? Let's count them together." (Do this.) There are seven boxes. Each of these boxes stands for a different day. Let's name together the days of the week. (Do this.) We'll let this first box stand for Sunday, the second box stand for Monday, the third box stand for Tuesday, this fourth box stand for Wednesday, the fifth box stand for Thursday, the sixth box stand for Friday, the seventh box stand for Saturday. (Point to the first box.) What box is this? Yes, this is the first box. It stands for Sunday. (Point to the seventh box.) What box is this? Yes, it is the seventh box. It stands for Saturday.

(Draw an arc at the top left side of the board or paper.) Let's let this curved line stand for Heaven. (Directly under that arc draw another arc.) Let's let this line stand for earth. For many, many years Jesus was here (write a "J" over the top arc) in Heaven. He was not down here on earth (in the top center of the board or paper draw an arc just to the right of the first upper arc). Here is another line to stand for Heaven (draw an arc below this center top arc). This line stands for earth again. When it was time, Jesus came from Heaven to earth. (Print a "J" over the lower arc.) Jesus came as a baby. He grew to be a man. He died on the cross. He did not stay dead, did He? No, He rose from the dead. After He was on earth for a few days, after rising from the dead, then He went back to Heaven. (Draw the third pair of arcs that represent Heaven and earth.) This is where Jesus is now. (Print a "J" over the top arc.) Jesus is in Heaven. He is also with every person who has trusted Him as Saviour.

During the years while Jesus was here (point to the first pair of arcs), God gave His people some laws to keep. One of these laws said, "I want you to remember a special day every week. On this seventh day (point to box number seven) you are to remember certain rules. The seventh day will be called the Sabbath Day. On the Sabbath Day, you are not to do any work at all. On the Sabbath Day, you are not to walk very far away from your house. On the Sabbath Day, you are not to cook any food. On the Sabbath Day, you are not even to pick up sticks outside - sticks that would be used to start a fire for cooking. On the Sabbath Day, you are not to do any work; you are to rest. What day of the week was that, boys and girls? Yes, the seventh day of the week. The seventh day is Saturday. God called it the Sabbath Day.

Then this happened. (Point to the center pair of arcs.) Jesus came to earth. Jesus is the Son of God. He made Himself into the form of a baby. He grew up to be a man. He died on the cross. Everybody's sins were put on Him there. Something else happened on the cross; the law about the Sabbath Day was changed then (draw a cross over the last box on your board or poster paper). Now Jesus is in Heaven and with those who trust Him as Saviour on earth. Now God's special day is not on the seventh day of the week; it is the first day of the week. The first day of the week is not called the Sabbath Day. The seventh day of the week was called the Sabbath Day. The first day of the week is called the Lord's Day or Sunday. On the Lord's Day is when we go to church. We

go to church on the Lord's Day because God's law about the Sabbath Day was changed when Jesus died on the cross.

Telling the story:

On one Sabbath Day at this time (point to the center pair of arcs), when Jesus was on earth, Jesus and His disciples were walking together. Jesus and His disciples were walking outside. They were walking through a field. In the field was some grain growing. From some kinds of grain bread is made. From some kinds of grains cereals are made. As Jesus and His disciples walked along, His disciples thought, "We are so hungry. We are hungry enough to eat this grain without waiting for it to be cooked." Jesus' disciples reached down and plucked off some little heads of grain. They rubbed the grain between their hands (pretend to do this with your hands) as they walked. The outside covering blew away. They ate the grain that was left in their hands.

Somebody saw the disciples picking grain on the Sabbath Day. They pointed and said, "Hey, you are doing wrong. You are not supposed to pick grain on the Sabbath Day."

Jesus said, "The Sabbath Day is for man's good. If a man gets hungry, he may eat. If there is no way to eat food that has already been prepared, he may pick his food and eat it. I am Lord of everything."

From the grain field, Jesus and His disciples went to the synagogue. The synagogue was the name of the building where they went to hear the Bible read and preached. In the synagogue was a man who had a crippled hand. His hand was not well and healthy like my hands are (open and close your hand, wiggle your fingers). Jesus wanted to heal this man's hand. He turned to the people who had scolded the disciples for picking grain. Those people knew that He was about to heal this man's hand. They said, "Isn't it against the law to heal anybody's hand on the Sabbath Day?"

Jesus said to them, "If you have a little lamb and he fall into a hole, won't you pull him out even though it is the Sabbath Day?" Then Jesus healed the man's hand. He did good on the Sabbath Day.

After many days, Jesus died on the cross and arose from the dead. We said that something was changed when Jesus went back to Heaven. The day for people to go to church was changed from this seventh day of the week to this first day of the week. We go to church on Sunday. In Sunday school, we hear the Bible story. We learn Bible verses. We hear other stories that will help us to know how to live to please Jesus. At church time people hear the preacher preach from the Bible.

When do we go to Sunday school and church? Yes, we go on Sunday, the first day of the week. Sunday is our special day. If we just don't have to do certain work on Sunday, then we don't do it on Sunday. Sunday should be a little bit of a rest day besides going-to-church day.

Let's think of the special things that we can do on this special day. (While naming the following six activities, fasten the cut-out objects onto the box which represents Sunday. The objects should be arranged in this order: shoe, toy, Bible, hand, mouth, eye.) On Sunday, of course, we go to Sunday school and church. Every Sunday we go to Sunday school and church. The only reason we do not go is if we are sick. Even when we are on vacation, we should go to some Sunday school and church. (Put the shoe on the box.)

After we get home and eat, maybe we would like to play for a little while. (Put the toy on the box.) It seems as if our Sunday play ought to be a little different from the play of the other days of the week. On Sunday, we probably would want to stay clean—we might not want to go outside and play in the dirt or play football or play anything that would make us dirty. We might want to play rather quiet games or with toys in the house.

It is a good idea on Sunday to sit down for a few minutes and think about what happened in Sunday school and church time. It's a good idea to remember the Bible story (put the Bible on the box) and the other stories which we have heard. It's a good idea to try to remember the Bible verses which we have learned. On Sunday we also should be helpful whenever we can be.

What if somebody is unhappy, or hurt, or drops something? We should do what we can to be helpful on Sunday. What if Mother needs help with the dishes after dinner? We should be helpful on Sunday. (Put the hand on the box.)

On Sunday we should tell other people about Jesus. Maybe we can think of someone who was not in Sunday school on Sunday; we could go to their house or call them on the telephone and tell (put the mouth on the box) them that we missed them in Sunday school. Maybe we can think of someone who has never heard of Jesus before. We need to tell them about Jesus. Sunday is a good day to do that.

Sunday is also a good day to take a little nap. (Put the eye on the box.) We should rest a little while on Sunday if we can. Of course, the most important thing to do is to go to church every Sunday.

There is a Bible verse that says we should never stop going to church on Sunday—we should always go to church on Sunday.

LEARN OUR BIBLE VERSE: Hebrews 10:25a, *“Not forsaking the assembling of ourselves together, as the manner of some is;”*