

*But celebrating Jesus' resurrection is a good thing. I am glad Jesus did not stay dead!*

*I am too! But God never asked us to change the day, while he DID ask us to keep the Sabbath holy.*

*I guess it's more important to do what God asks us to do than what people want us to do.*



*Read Acts 5:29 and fill in the blanks below.*

We ought to obey \_\_\_\_\_ rather than \_\_\_\_\_.

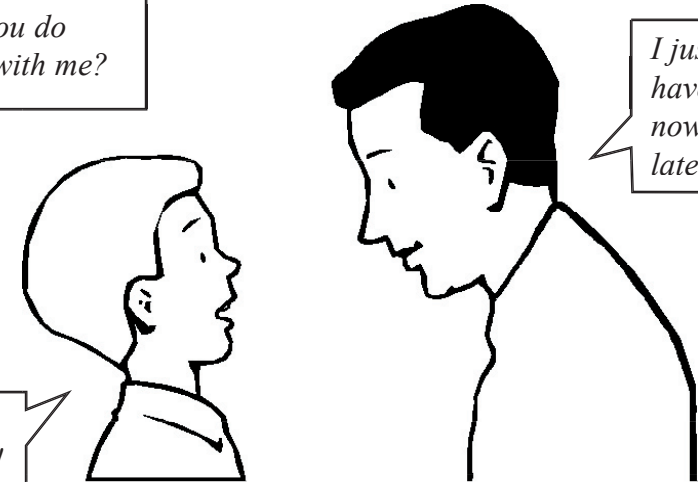
# GOD WANTS TO BE MY VERY BEST FRIEND

## Lesson 4 God Has Time For Me

*Dad, will you do something with me?*

*I just do not have time right now. Maybe later.*

*But when? You are always busy!*



How does this boy feel? Have you ever felt that way?

God knew before He created people that they would be busy. After all, they had the world to take care of. God set aside one day out of every seven for rest. It was His gift to humans. He also knew that humans would get so busy they might not remember to stop and rest on the seventh day of the week, so He made it a rule. It is the fourth commandment. Read it in your Bible in Exodus 20:8-11.



"Remember to keep the Sabbath as a holy day.

You may work and get everything done during six days each week.

But the seventh day is a day of rest to honor the Lord your God. On that day no one may do any work: not you, your son or daughter, or your men or women slaves. Neither your animals nor the foreigners living in your cities may work.

The reason is that in six days the Lord made everything. He made the sky, earth, sea and everything in them. And on the seventh day, he rested. So the Lord blessed the Sabbath day and made it holy."

Exodus 20:8-11, ICB

What makes something holy?

Then how do we keep the Sabbath holy?



The same thing that makes a church or the Bible holy. It is because God is in it.

By stopping everything that keeps us busy during the week, and using the day to rest and enjoy time with God and His family.



They can! And you can too. There are many Sabbath keepers all over the world, and you can become friends with them and celebrate Sabbath together.

Another reason to keep Sabbath is found in John 14:15. Cross out all the "Qs" and "Zs" to find the secret of showing God how much we love Him.

QIFZYOUQLOVEZMEQKEEPZMYZCOMMANDMENTSQ

I thought only Jews kept the Sabbath!

But don't Christians go to church on Sunday?

Many people think that, but Sabbath is kept by many Christians as well. Ever since the creation of the world, there have always been people who kept the Sabbath to honor God.

Some do. The first Christians were Sabbath keepers. Later, the leader of the Christian church changed the day of worship from Sabbath to Sunday to honor Jesus' resurrection from the dead.





*But what would I do all day?*

*I talk to God. I sing songs to Him and about Him. I like to spend time looking at the neat things He made, since this is the day for us to remember His creation of our*



*I like to go for nature walks and to the zoo. I feed the ducks in the park, and I play Bible and nature games.*

*My dad reads me stories. Many are about God or His friends. Sabbath is the only day that Mom and Dad are both off work. We have a lot of fun together!*



*I wish my mom and dad kept Sabbath.*

“You may work and get everything done during six days each week. But the seventh day is a day of rest to honor the Lord your God. . . .” Exodus 20:9, 10, ICB



Fill in the blanks below by following the instructions numbered 1, 2, and 3.

<u>DAYS</u>	<u>ACTIVITY</u>
Sunday	Work
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

1. Write the days of the week under “DAYS” above. The first one is done for you.
2. What does the commandment say we do during the first six days each week? Write “WORK” next to the first six days. The first one is done for you.
3. What does the commandment say about the last day of each week? Add that word next to the seventh day. Write “REST” next to the seventh day.

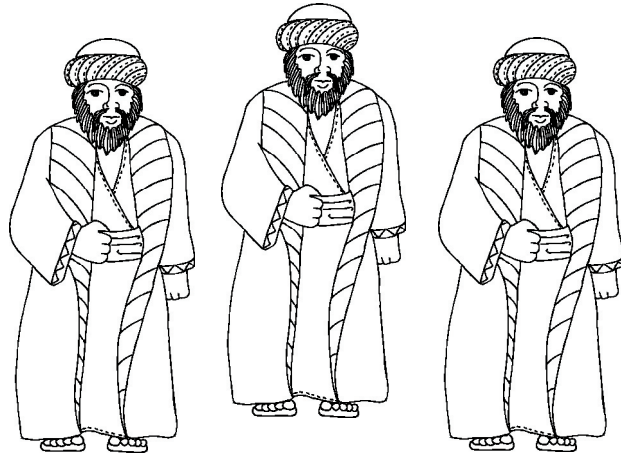
God was so good to plan a rest day for us. He made sure in His rule to be specific about who did not have to work on \_\_\_\_\_ the Sabbath.



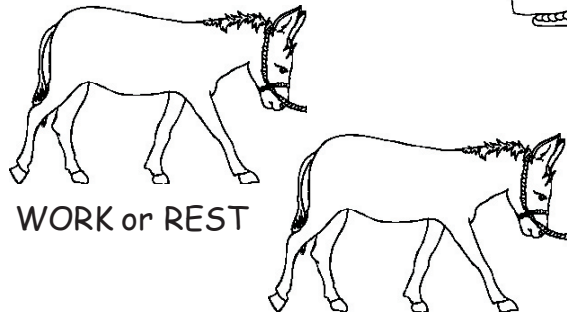
Color the pictures below. Then circle “work” or “rest” under each picture to show whether that person or thing is to rest or work on the Sabbath.



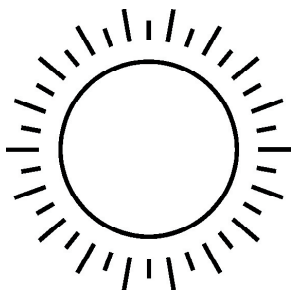
WORK or REST



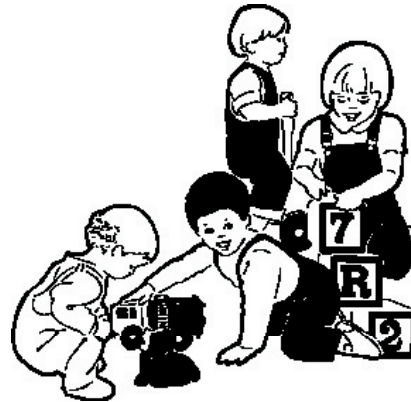
WORK or REST



WORK or REST



WORK or REST



WORK or REST

God cares about servants and animals. If I want to be like Him, I will care about people who work for my family, and I will care for my animals.

Why did God choose the seventh day instead of another day of the week?  
You can find the answer in Exodus 20:11. Write it on the lines below.

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*If He stopped working on the seventh day, then He had time to spend the whole day with Adam and Eve, the first people, who were resting too.*

*Oh! So when we keep the seventh day as a special day, we are remembering that God made the world.*

*And if our mom and dad did not have to work on the seventh day, they could spend all day with us!*



YOU are so important to God that He set aside a whole day to spend with you. Is God important enough for you to set aside a whole day to spend with Him?