



# Lesson Five

## *Keep the Lord's Day Holy*



### Growing as a Teacher

#### Scripture

Exodus 20:8  
Matthew 12:1-14

#### Bible Truth

The fourth commandment teaches that God gave the Sabbath as a day set apart for rest and worship.

#### Bible Story

Jesus heals and teaches on the Sabbath.

#### Lesson Aim

To set aside the Lord's Day as a special day to honor God by resting from work and by worshipping God.

#### Memory Work

##### Review:

All memory work from  
Lessons 1-4

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

EXODUS 20:8, NKJV

##### First Catechism

- 91 Q. What does the fourth  
commandment  
teach you?  
A. To work six days  
and keep the Sabbath  
day holy.

After God's work of creation, he rested on the seventh day (Genesis 2:2). When he gave the fourth commandment (Exodus 20:8), God reminded his people to set apart the Sabbath in a special way. They were to keep it holy by resting and worshipping God.

The Sabbath not only commemorated God's rest after the creation week, but it served as a reminder of God's covenant with Israel. Keeping the Sabbath was an important measure of Israel's commitment to the Lord (Isaiah 58:13-14). God had established this day to show his care for the physical and spiritual refreshment of his people, and he told them to observe it.

By the time of Jesus, however, keeping the Sabbath had greatly expanded beyond its original purpose. The focus had turned away from God to a long list of repressive traditions and rules. When the Pharisees criticized Jesus for plucking grain and healing on the Sabbath, Jesus answered them by reaffirming the purpose of the holy day as a time for physical and spiritual renewal and for doing good (Mark 2:27-28; Matthew 12:12).

After the resurrection of Christ, the first day of the week was set apart as a victory celebration for God's people, as well as a day of rest in which to reflect upon his gracious love and mercy. Like the early Christians, we meet on the first day of the week to honor God and celebrate our faith and commitment to him.

As you prepare to teach the children about keeping the fourth commandment, pray that the Holy Spirit will help them understand that Sunday is not only a special day for rest and worship, but a special day for God's glory as well as for our good.

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## Lesson Five at a Glance

Step	Minutes	Children's Activities	Supplies (complete list, p. 11)
<b>1</b> Welcome	5–10	Take part in <i>Hurrah for Sunday!</i> a true-or-false activity to help children understand why Sunday is very special.	
<b>2</b> Bible Time	15–20	Listen to the story of what Jesus did on the Sabbath and what he said about how to spend this holy day.	○ TA 5 Special Bible Words*
<b>3</b> Memory Work	5–10	Learn Exodus 20:8 and <i>First Catechism</i> Q/A 91. Review all memory work.	○ TA 1a poster** ○ Q/A 91 sticker** ○ <i>Optional:</i> recording device
<b>4</b> Activities	10–15	Do activities that show how we can keep the Lord's Day holy.	○ <i>At Home 5</i> ** ○ Pencils, markers or crayons ○ SA 5 coloring sheet**
<b>5</b> Final Focus	5	Together say the closing prayer, <i>The Lord's Day</i> .	

*Total time: 40–60 minutes*

*\* Younger Elementary Teaching Aids Pack  
\*\* Younger Elementary Student Activities Pack*



### Enrichment

Make an *I Will Worship* booklet for a member of the congregation who is ill and can't come to church. Take two sheets of construction paper, fold them in half, and staple them together on the fold. Fill the pages with praise songs, Bible verses and pictures that tell about worship.



## Practical Preparation

Gather what you need to teach the lesson. Be familiar with the Welcome step true-or-false activity and be prepared to lead the children in discussing why Sunday is set apart from the other days of the week. Study the Bible story and special Bible words (TA 5) so you can tell the story and explain the meaning of the terms in your own words. Memorize Exodus 20:8 and *First Catechism* Q/A 91, and be prepared to review all memory work learned so far this quarter.

Review *At Home 5* and be ready to guide the children as they do the activity pages during the fourth lesson step. Have on hand one SA 5 Special Bible Words coloring sheet for each child.

Practice saying the closing prayer so you can easily lead the children in saying this prayer of praise and commitment to God at the end of the lesson.



## Welcome

5-10 minutes

Welcome the children and have them sit in chairs or on the floor. *Say* We are going to play *Hurrah for Sunday!*—a true-or-false game. I am going to say some things about the way we spend Sunday. I am going to say some things that may be true or false. Each time I say something that is true, you are all to jump up and say “True!” When I say something that is false, remain silent and do not move. Tell the children that they will have to listen carefully. Make up a couple of sentences to practice before playing the game.

1. Sunday is the Lord’s Day. *True*
2. Sunday is just the same as any other day of the week. *False*
3. We go to Sunday school on Sunday. *True*
4. We worship God on Sunday. *True*
5. Sunday is different from the other days of the week. *True*

*Say* Sunday is very special because it is the day set aside to honor God and to rest, and there are many ways that we can make it different from all the other days of the week. But there are some kinds of work that God permits on his special day, called works of necessity and mercy. *Necessity* means things that are necessary, such as preparing food to eat on Sunday or fixing a flat tire on the way to church. Works of *mercy* are kind and helpful things done for others, such as staying home from church when you are sick or visiting a sick friend. Some people have jobs of mercy, such as doctors, nurses and firemen. These are good things to do on the Lord’s Day.

Discuss how their families make it a special day of worship and relaxation. *Say* Let us find out how the Lord’s Day came to be set apart and how Jesus kept this holy day.



## Bible Time

15-20 minutes

Gather the children and open your Bible to Exodus 20:8. Show the children where to find the passage in their Bibles.

We are learning that God gave his people the Ten Commandments at Mount Sinai. Do you know why God gave his people these 10 good rules? (*so that they would know how to love God and love others*)

Let us remind ourselves of the commandments we already know. Read box to the left in sidebar.

## Early Arrivals



The children can make their own torn-paper church pictures. Have them tear colored construction paper into shapes for the building and its features—large rectangles for the building and window shapes, triangles for the roof, and so forth. They will glue the pieces onto blue construction paper. They may add green strips for grass, trees and shrubs, white for clouds, and so forth. You may want to show an example of a finished church or suggest that the children make their picture look like your church building. Talk about how going to church is a special part of Sunday.



*The ordinances of the LORD are sure and altogether righteous.*

*They are more precious than gold, than much pure gold;*

*they are sweeter than honey, than honey from the comb.*

Psalm 19:9b-10



- What is commandment 1? (You shall have no other gods before Me.)
- What is commandment 2? (You shall not make for yourself a carved image.)
- What is commandment 3? (You shall not take the name of the LORD your God in vain.)

**5**

**Holy**  
Holy means "set apart as special." The Sabbath day should be holy. God's people get together to honor him on this day because he has set it apart from the other days of the week.

**Holy**

**5**

**Pharisees**  
The Pharisees were a group of Jewish leaders. They appeared to be very strict about keeping the law. But many of the rules of the Pharisees were just ideas made up about God's law.

**Pharisees**

**5**

**Synagogue**  
A synagogue was a place where the Jews met to pray and study the Scriptures. Jesus often went to a synagogue on the Sabbath to teach.

**Synagogue**

Today we are going to learn the fourth commandment and what it means. Ask a volunteer to read Exodus 20:8 out loud; then say the verse together. Say *Sabbath* is a special Bible word. During the time of Moses and even during the time of Jesus, the Sabbath was a *holy* day set aside to honor God. Show TA 5 Special Bible Words and have a student read the definition of Sabbath to the class. Then have someone read the definition of holy.

Read Exodus 20:9 out loud, then say The fourth commandment tells God's people that the seventh day of the week must be spent in a special way. On the Sabbath, people must not do their regular work. It is a time to rest and worship God. Even the camels and donkeys had a day off from work!

**5**

**Sabbath**  
God's fourth commandment said his people should set one day in seven aside for worshiping him and resting. That day is called the Sabbath.

**Sabbath**

Turn to Matthew 12:1-14. By the time of Jesus, however, the religious leaders, the Pharisees, had spoiled the Sabbath day. Show TA 5 and read the definition of Pharisees. They had made it a day of keeping rules they had made up. The Pharisees became so busy making sure that everyone kept their Sabbath laws, they didn't have time to love God or think about him.

One Sabbath day, they saw Jesus and his disciples walking through some grain fields. The disciples were hungry, so they began breaking off stalks of wheat and eating the grain.

Right away the Pharisees went up to Jesus. "God's law says not to harvest grain on the Sabbath," they complained. "Your disciples are breaking the law!"

Even though the disciples were not doing regular work in the grain fields and had taken some handfuls of grain only because they were hungry, the Pharisees were quite sure they were guilty of breaking the law.

Jesus answered the Pharisees by telling them a story about David. "Remember what happened to King David," he said. "One day David and his soldiers were tired and hungry. They could not find anything to eat anywhere until they came to the house of God. Now the only food in God's house was bread set aside for the priests. But the priests gave some of the special bread to David and his men so that they would not starve."

And Jesus went on: "And how about the priests in the temple? They have to work on the Sabbath. They have to make fires and lift animals to offer sacrifices to God. God's law says they may do this!"

Jesus was teaching the Pharisees and us that even though we are to rest from our regular work so that we will have time to enjoy God on his holy day, there are some types of work that must be done on the Sabbath.

After this, Jesus went over to the synagogue. Show TA 5 and read the definition of the word synagogue. Jesus found a man there with a crippled hand. The Pharisees began to whisper to each other, "Look at that man with the crippled hand. Let us see if Jesus will heal him on the Sabbath."



## The Lord's Day

We need to prepare for the Lord's Day each week in a sincere and very real way, so that we and our children may know something of the keeping of the fourth commandment now, for "rest and gladness" as well as worship, for God's glory as well as man's good.

Edith Schaeffer,  
*Ten Things Parents Must Teach  
Their Children*



## Teaching Tip

Record the children saying the memory work and then let them listen to themselves. They will enjoy hearing their own voices, and this will provide an additional review tool.



1a

91 What does the fourth commandment teach you?  
A. To work six days and keep the Sabbath day holy.

Jesus said to the Pharisees, "If any of you had a sheep that fell into a deep hole on the Sabbath, wouldn't you lift it out? A person is worth a lot more than a sheep. So it is right to do good on the Sabbath."

Then, just as they expected, Jesus walked toward the man. "Reach out your hand," Jesus said in a kind voice. The man stretched out his hand and it became normal, just like the other one.

The Pharisees were angry with Jesus for healing the man. They thought that Jesus had broken the law once again. But Jesus was teaching everyone the right way to obey the fourth commandment. Jesus was showing that even though the Sabbath is a day of rest, God wants us to do kind and helpful things for others on the Lord's Day.

Conclude this segment by telling the children that now we celebrate the Lord's Day on Sunday, the first day of the week. *Say The Lord's Day—Sunday—is a special day for God's people. He wants it to be a day of joy and gladness for each one of us. The Lord wants us to rest from the usual kind of work we do during the week and enjoy him in a special way by worshiping him, thinking about him, and doing kind and helpful things for others.*



## Memory Work

5-10 minutes

Gather around the memory work poster (TA 1a) and review Matthew 22:37-39. You may use the motions given in this step in Lesson 1 as you recite the verses. Next, review the first three commandments and relevant *First Catechism* questions and answers. Children may say each memory work segment either together, in groups of two or three, or individually.

Have the children say the fourth commandment together and then spend a minute or two discussing ways that they can keep the Lord's Day holy. Help students see that worshiping the Lord together and learning about God's law and about Jesus are ways of keeping the Lord's Day holy.

Ask a student to paste the *First Catechism* Q/A 91 sticker on the poster, then have students say the question and answer once or twice. Remind students that our holy "Sabbath"—the Lord's Day—is Sunday, the first day of the week.

# 4

## Activities

10-15 minutes



### Items to Send Home

- SA 5 Special Bible Words coloring sheet
- *At Home 5*



### God's Story Bible Coloring Book

Reproducible coloring page for every lesson!

- 158 coloring and activities pages, perforated
- 332 pages with topical and scriptural indexes
- Bible story pictures from Genesis to Revelation

# 5

## Final Focus

5 minutes

Gather the children in a circle around you. Tell the children that they are going to take part in a call-and-response prayer. *Say I will speak first and then everyone will answer. Listen very carefully. When I stop speaking, you are to say each time: "Thank you for giving us the Lord's Day." At the end, when I say the words In Jesus' name we pray, everyone will say "Amen."*

### The Lord's Day

Teacher: **Our hearts are glad, dear Father in heaven.**  
 Children: Thank you for giving us the Lord's Day.  
 Teacher: **We are glad to have a day of rest.**  
 Children: Thank you for giving us the Lord's Day.  
 Teacher: **We are glad to have a special day to worship you.**  
 Children: Thank you for giving us the Lord's Day.  
 Teacher: **We honor and praise you.**  
 Children: Thank you for giving us the Lord's Day.  
 Teacher: **Help us to keep a holy Sabbath.**  
 Children: Thank you for giving us the Lord's Day.  
 Teacher: **In Jesus' name we pray.**  
 All: **Amen.**

Encourage students to review the memory work several times during the week.

# Special Bible Words



## Sabbath

God's fourth commandment said his people should set one day in seven aside for worshiping him and resting. That day is called the **Sabbath**.



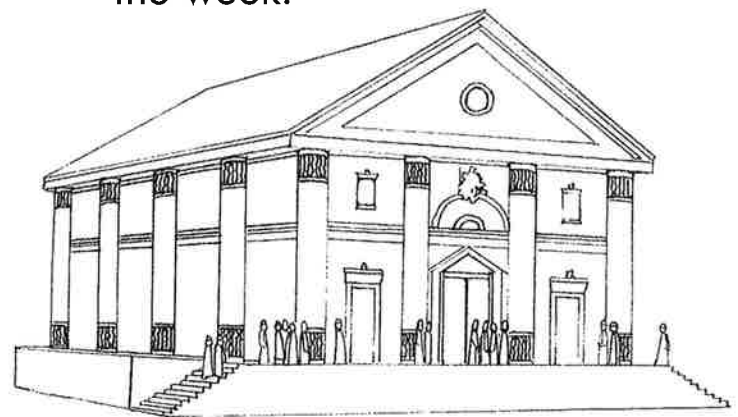
## Holy

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## Pharisees

The **Pharisees** were a group of Jewish leaders. They appeared to be very strict about keeping the law. But many of the rules of the Pharisees were just ideas made up about God's law.



## Synagogue

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**Keep the Lord's Day holy.**

Exodus 20:8





# at home

## Keep the Sabbath holy.



Illustration by Jack Brewer

**Younger Elementary**  
Pleasing God

**Scripture**  
Exodus 20:8  
Matthew 12:1-14

**Bible Truth**  
The fourth commandment teaches that God gave the Sabbath as a day set apart for rest and worship.

**Bible Story**  
Jesus heals and teaches on the Sabbath.

**Lesson Aim**  
To set aside the Lord's Day as a special day to honor God by resting from work and by worshipping God.

### Memory Verse

"Remember the Sabbath day, to keep it holy."  
Exodus 20:8, NKJV

**First Catechism 91**  
Q. What does the fourth commandment teach you?  
A. To work six days and keep the Sabbath day holy.

# at home

## Family Focus



Today we learned that the fourth commandment teaches that we must rest from our daily work and faithfully worship God on the Lord's Day. Help your child see by your example and understand from God's Word how to honor the Lord by honoring his day. Pray together as a family that you will desire to keep the Christian Sabbath holy. For family Bible reading, the verses below focus on the teaching of the fourth commandment.




- Genesis 2:1-3
- Exodus 16:23
- Jeremiah 17:19-27
- Mark 2:28
- Luke 13:10-16
- Acts 20:7

a read-together bible story

## Why Did God Make the Sabbath Day?

God made the glad Sabbath day for  and  and . He made the day because he knows what is best for his children, and he knows how much his people need him.

We need time to go to . We need time to read the  and  and . We need time to worship God. He knows, too, that we need time to . He knows that we need time to help others.

If we spent the day cleaning our , cutting the , or going to , we might find it hard to think about God and honor him. That is why God said, "You shall do all your work on **6** days of the week. You must set aside **1** day of the week for me."

Illustrations by Ron Whittier

SHOW ME JESUS **at home**

# Keep the Sabbath holy.



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SHOW ME JESUS **at home**

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a read-together retelling story  
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Illustrations by Ron Wheeler



**Keep the Lord's Day holy.**

Exodus 20:8