



MAKE IT STICK

5 Simple Ways You Can Make This Lesson Stick With your Kids

Ten Commandments Lesson 5

THIS WEEK'S LESSON: HAVE A DAY TO REST AND WORSHIP



IN THE CAR:

Ask your child what they learned about this week on the drive home:

One day a week, we observe a Sabbath rest to remember and celebrate God. But even on the Sabbath, we should not rest from doing good for others. Matthew 12:1-14, Lord of the Sabbath



HANGING OUT:

Make this week's lesson real:

Ask your kids how they can make Sunday a special day for God, then ask them what they can do to live every day for Him.



AT DINNER:

Here are some great discussion starters:

- What is the Sabbath day?
- Is it ever okay to work on the Sabbath?
- Given what you learned about the Sabbath, what should our Sundays be like?



AT BEDTIME:

Quiz your child on this week's memory verse:

"The law of the Lord is perfect. It gives us new strength. The laws of the Lord can be trusted. They make childish people wise." Psalm 19:7 (NIRV)



PARENT TIME:

What you need to know:

How regular is your church-going habit? The Sabbath is meant to be a day dedicated to God. It is a day of rest, reflection, worship, and recharging our Spirit. Make it a family goal to set Sundays apart for the Lord. Let it be a day of rest and time with family, but let it also be a day dedicated to the Lord.