

WEDNESDAY

Read Genesis 2:1-3. When God created the world, He created it from nothing. We've studied that in the past. How many days did He create? *Six.*
Now read Exodus 20:8-11

On the seventh day God rested from Creation. Was He tired? *No.* God can't get tired. He is spirit. But He made the seventh day holy. This means He set it apart as special and for His purposes. He made it a day of rest and peace. He knew that we would get tired from work, so He gave us a day specifically for rest and worshipping Him. It is called the Sabbath day. Sabbath is a Hebrew word that means "resting from labor".

God made other Sabbaths as well. Every seventh year people were supposed to give the land a rest from farming. And every 50th year was a special year called the Year of Jubilee. Debt was forgiven and land returned to people. You can read about these in Leviticus 25:1-22. All point to the Lord Jesus, the Messiah who would bring peace and rest in his rule.

PRAY-Thank you Lord for the Sabbath, a day of rest and worship.

FRIDAY

Remember the Sabbath day, to keep it holy.

So how are we to keep the Sabbath Day, now celebrated as the Lord's Day, holy?
Allow answers

We stay home from school. If we can, we should stay home from work. Obviously, some jobs are necessary even on the Lord's Day. Policemen, doctors and nurses, etc all have to be available to help people. But we should avoid work and jobs that don't allow us to celebrate the Lord's Day on Sunday. There may be times when, to support a family, a parent may be forced with the tough decision of working a job on Sunday. This is something he or she should pray about to decide if it is truly necessary or not.

So, Sunday's should find us not at work or sleeping at home, but in church worshipping and praising God expects us to be in church with other believes.
Read Hebrews 10:24-25, Acts 20:7.

PRAY-O God, we praise your name because of who you are. You are God, our creator and savior.

THURSDAY

Remember the Sabbath day, to keep it holy.

From the time of Creation until Jesus' resurrection the Sabbath was celebrated and observed on Saturday, the last day of the week. Do you know why?

It was to honor God's completion of Creation. Additionally, it looked forward to the rest the promised Messiah (Jesus) would bring. All week long. God's people looked forward towards the Sabbath Day. The also looked forward to the Messiah.

Now, we celebrate Sunday, the beginning of the week as a day of rest and worship. We call it the Lord's Day. Why do celebrate on Sunday now? *Allow answers.*
Read Luke 24:1-8 to help answer question.

We celebrate the Lord's Day on Sunday because it the day Jesus was resurrected from the dead. It is a day of joy. He had completed his work of paying the penalty for the sins of his people. The Resurrection let's us know all who love and follow Jesus will be forgiven of their sins and have eternal life.

PRAY-Lord, what a wonder you are. Death could not hold you for you are God! Thank you for the promises and hope the Resurrection gives us.

SATURDAY

Remember the Sabbath day, to keep it holy.

While every day should be a day we honor God, He has commanded we set aside one day to especially honor Him as a group of His people. We must be careful how we do this, lest we break this commandment of keeping it holy. What are some ways we might break it even if we are in church? *Allow answers*

Imagine you had been invited to a meeting with the President of the United States. Would you show up late? Would you not pay attention when he was talking to you? Would you make noise, interrupt, run around the room? Of course not! It would disrespect him. Well, when we are at church we dishonor God and do not keep the Lord's Day holy when we show up late, talk or don't pay attention during prayer or teaching time. We do not honor God is we run around the church, when we sing without paying attention to the song and singing from our heart. God gave us His best, His Son Jesus who died for us on the Cross. Shouldn't we give Him our very best?

PRAY- Lord, help us to recognize when we have sinned, ask forgiveness and turn away from that sin. We place our trust and faith in what Jesus did for us on the Cross, bearing the penalty for our sins.

