

# Appointment With God

Matthew 12:1-13; Mark 2:23-3:5; Luke 6:1-10; *The Desire of Ages*, pp. 281-289



**L**isa came home from school on Friday. There was that wonderful smell again! Mom was baking bread for Sabbath. Lisa washed her hands and helped her mother finish the Sabbath dinner. Lisa loved Sabbath. This week after church they were going to have lunch near a duck pond and then take a walk in the woods. Lisa couldn't wait!

In today's story, Jesus and His disciples were taking a Sabbath walk too. Let's join them.

**J**esus loved the Sabbath! He loved to spend time with His friends and talk with them about the love of God. He loved to help people who were sick or sad feel better.

One Sabbath Jesus and His disciples passed through a field of grain. Jesus and the disciples were hungry!

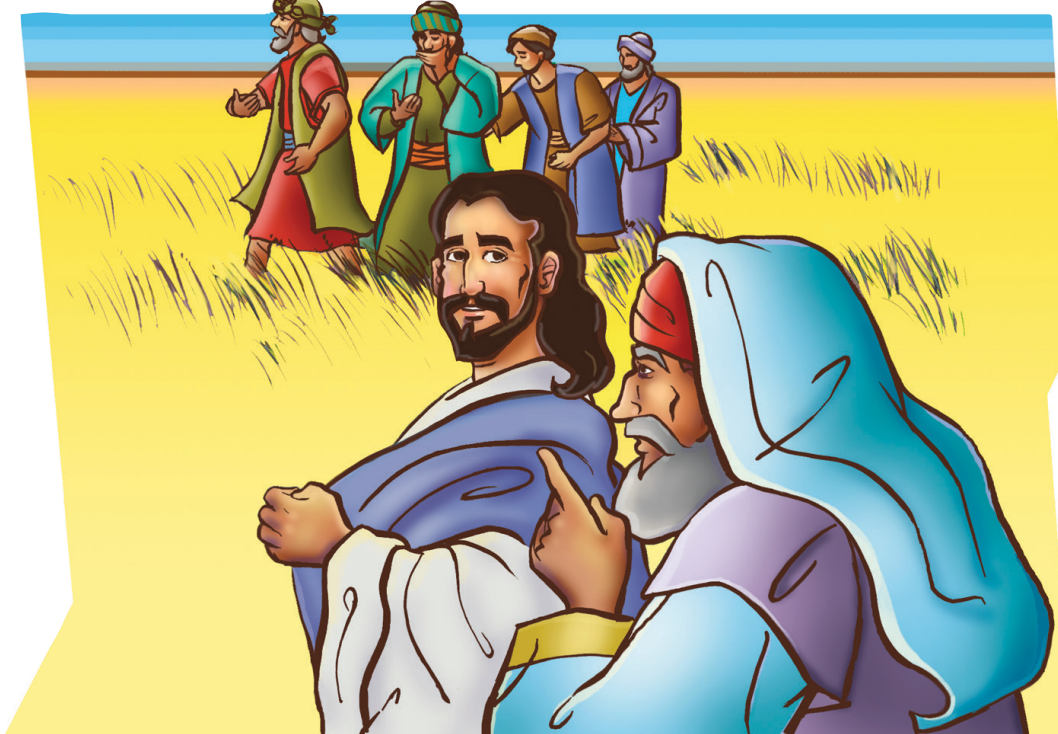
In those days people had permission to eat food from another person's farm. If people were hungry and had no food with them, they could eat a few grapes in a vineyard. Or they could pick some wheat stalks and eat the little kernels of grain.

So as Jesus' disciples walked through the field, they picked some stalks. They rubbed the heads of grain back and forth, back and forth, in their hands. When just the little kernels were left, they tossed the kernels into their mouths. The crunchy grain tasted good!

But not everyone was happy. Pharisees nearby decided that the disciples were doing something wrong. They said to Jesus, "When Your disciples picked the wheat and rubbed it in their hands to get the kernels out, that was like a farmer working. So they are breaking the

Sabbath!"

The Pharisees had taken God's beautiful Sabbath commandment, and had made it into their own rule. They made up lots of extra rules that made Sabbath a heavy burden. God wanted Sabbath to be a special day for people to enjoy. He wanted



## The Message

The Sabbath is a day to learn more about God's love.

## Memory Verse

"For the Son of Man is Lord of the Sabbath"

(Matthew 12:8, NIV).

them to learn about His love. But because of these extra rules, many people did not enjoy Sabbath.

Jesus loved these Pharisees. He wanted them to know the joy of Sabbath too. Jesus asked them some questions to make them think. "Do you remember David?" He asked. "One time he and his men were very hungry. So they ate the special temple bread that was really just for the priests."

The Pharisees knew about that. "If that was OK, then eating grain on Sabbath is OK too," Jesus continued. "People should not suffer on Sabbath. The Sabbath is for people. I know, for I am Lord of the Sabbath."

On another Sabbath while Jesus was in the synagogue, He saw a man whose hand was crippled. Jesus asked the people, "What do you think? Is it right to do good on the Sabbath?" Some of the people didn't think the man should be made well, because it was Sabbath!

Jesus asked them another question to make them think. "If one of your sheep fell into a hole, wouldn't you pull it out? A person is so much more valuable than an animal! Therefore, it is right to do good on the Sabbath."

Then Jesus said to the crippled man, "Stretch out your hand." The man's hand was completely healed!

Jesus wants us to know that Sabbath is a day for joy

and for healing. Sometimes children think that Sabbath is a "do not" day. ("Do not do this, do not do that.") Actually, Sabbath is a *do* day. On Sabbath we have more time to do something special, to do fun things that teach us about God's love. God created the Sabbath so together we can spend time with Him and learn more and more about His wonderful love.





## S A B B A T H

**DO** If possible, take a Sabbath walk with your family. Use a magnifying glass to look at nature objects (shells, insects, tree bark, rocks, pine cones, leaves, grain, etc.). What did you learn about God's love? Finish the sentence. God gave us the Sabbath so we can learn more of His love through \_\_\_\_\_.

**READ** Rest and read your lesson story together.

**DO** Read and discuss Matthew 12:8 before prayer.

## S U N D A Y

**READ** With your family, read about Jesus' Sabbath walk in Luke 6:1-5. With markers or crayons make a poster about Sabbath activities that your family enjoys together. Hang it in your home. Finish the sentence: God gave us the Sabbath so we can learn more of His love through \_\_\_\_\_.

**DO** Teach your memory verse to your family. Then thank God for happy times.

## M O N D A Y

**READ** During worship, read and discuss Luke 6:6-10. Where did Jesus go on Sabbath? Where do you go on Sabbath? Share what you like about your church family. God gave us Sabbath so we can learn more of His love through \_\_\_\_\_.

**DO** Write each word of the memory verse on a separate paper. Spread them on the floor a short distance apart. Repeat each word as you jump from one word to the next.

**PRAY** Thank God for your church family.

## W E D N E S D A Y

**SHARE** Ask your family to list four Bible texts about God's love. Share them for family worship. Finish the sentence: God gave us the Sabbath so we can learn more of His love through \_\_\_\_\_.

**DO** Continue working together on your Happy Sabbath plan.

**DO** Say your memory verse together, then thank God for the Sabbath.

## T U E S D A Y

**READ** With your family, read about the first Sabbath. Look in Genesis 2:2, 3.

**DO** Then, begin to make your Happy Sabbath plan. If you did not get this sheet in Sabbath School, make a list of things you will do together next Sabbath.

**DO** Hop through your memory verse papers again.

**SING** Sing "Can You Imagine?" (Sing for Joy, no. 29) before prayer. Thank God for your family.

The Bible tells about seven miracles that Jesus performed on the Sabbath.





# T H U R S D A Y

**DO** With your family, finish your Happy Sabbath plan.

**READ** When does Sabbath begin and end? Read Genesis 1:5; Leviticus 23:32, KJV. Then ask Jesus to help you keep the Sabbath holy.

**SING** Sing a song about God's love. When that song is finished, start another one. Keep singing about God's love until you run out of ideas.

**DO** Finish the sentence: God gave us Sabbath so we can learn more of His love through \_\_\_\_\_.

# F R I D A Y

**DO** With your family, look at your Happy Sabbath plan. Do the part you can do today. Do the rest tomorrow.

**DO** Tell your lesson story to your family. If possible, record yourself with a tape recorder. Have fun talking about the Sabbath!

**DO** This week we discovered several ways to learn more of God's love on Sabbath. (through nature, our family, our church family, God's Word, music) Think of other ways and share them.

**SING** Say your memory verse, then sing "Psalm 118:24" (Sing for Joy, no. 94) before prayer.

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# PUZZLE

**Directions:** To find out something about the beginning of Sabbath, answer the following questions and fill in the answers in the spaces provided.

1. It shines in the day.
2. Opposite of happy.
3. Opposite of old.
4. A parent's male child.
5. We hear with it.
6. One plus one equals \_\_\_\_.
