

LESSON



A Special Day

GRACE

Grace is God's love for us.

References

Genesis 2:1–3; *Patriarchs and Prophets*, pp. 47, 48.

Memory Verse

“God blessed the seventh day and made it holy” (Genesis 2:3, NIV).

Objectives

The children will:

Know that God showed love by creating the Sabbath for us to enjoy.

Feel happy for the Sabbath.

Respond by enjoying God's gift of the Sabbath.

The Message



God made the Sabbath for us because He loves us.

Getting Ready to Teach

The Bible Lesson at a Glance

God creates the Sabbath as a special time for us to remember all that He made for us. He intends for us to enjoy time with Him, our family, and the world He made.

This is a lesson about grace.

God showed His love for us and His understanding of our physical, emotional, and spiritual needs when He created the Sabbath day for us as a day of rest, a day of remembrance, and

a day to enjoy. This gift of grace has existed for us through all generations since the beginning of time.

Teacher Enrichment

“The first six days of each week are given to man in which to labor, because God employed the same period of the first week in the work of creation. The seventh day God has reserved as a day of rest, in commemoration of His rest during the same period of time after He had performed the work of creation in

THREE

| Program Outline | | | |
|---|----------|--|---|
| LESSON SECTION | MINUTES | ACTIVITIES | MATERIALS NEEDED |
| Welcome | ongoing | Greet students at door; hear pleased/troubled | |
| 1 Readiness Activities | up to 10 | A. <i>Earth's Birthday</i> B. <i>Sabbath Collage</i> | party supplies such as streamers, balloons; plastic or real birthday cake; matches; birthday candles old magazines, poster board, scis- sors, glue or glue sticks |
| * Prayer and Praise* | up to 10 | See page 33. *Prayer and Praise may be used at any time during the program. | |
| 2 Bible Lesson | up to 20 | Experiencing the Story | rhythm instruments (optional) |
| | | Bible Study | Bible |
| | | Memory Verse | Bible |
| 3 Applying the Lesson | up to 15 | <i>Sabbath Stew</i> | large box, blanket, or beach towel |
| 4 Sharing the Lesson | up to 15 | <i>Inviting a Friend</i> | blank party invitations or paper and art supplies, glue |

six days" (*The Spirit of Prophecy*, vol. 1, p. 86).

"God saw that a Sabbath was essential for man, even in Paradise. He needed to lay aside his own interests and pursuits for one day of seven, that he might more fully contemplate the works of God and meditate upon His power and goodness. He needed a Sabbath to remind him more vividly of God and to awaken gratitude because all that he enjoyed and possessed came from the beneficent hand of the Creator.

"God designs that the Sabbath shall direct the minds of men to the contemplation of His created works. Nature speaks to their senses, declaring that there is a living

God, the Creator, the Supreme Ruler of all" (*Patriarchs and Prophets*, p. 48).

"The beauty that clothes the earth is a token of God's love. We may behold it . . . in the opening buds and the delicate flowers. All speak to us of God. The Sabbath, ever pointing to Him who made them all, bids men open the great book of nature and trace therein the wisdom, the power, and the love of the Creator" (*Patriarchs and Prophets*, p. 48).

Room Decorations

See lesson 1.

Depending on the readiness activity you choose, add a table at the front of the room.

Teaching the Lesson

Welcome

Welcome students at the door. Ask how their week has been—what they are pleased/troubled about. Encourage them to share any experiences from last week's lesson study. Have them begin the Readiness Activity of your choice.

1

Readiness Activities

Select the activity or activities that are most appropriate for your situation.

A. Earth's Birthday

You Need:

- party supplies (streamers, balloons, etc.)
- plastic or real birthday cake
- matches
- birthday candles

Have the children help you prepare for a birthday party by decorating the room. As you prepare, talk about how much fun it is to plan and get ready for a party. Explain to the children that although they celebrate their birthdays once a year, God made a birthday for the earth once a week, on Sabbath. Use a plastic (or real) birthday cake and sing the following to the tune of "Happy Birthday" before you blow out the candles.

Happy birthday to earth, happy birthday to earth,
Sabbath is the earth's birthday;
Happy birthday to earth.

Debriefing

Allow response time as you ask: **What are some of the other special days we celebrate?** (Birthdays, Christmas, Easter, national holidays, etc.)

Do we eat special foods on those days? What kinds? Do we wear special clothes for any of those celebrations? Do you celebrate with special friends or family? Do you prepare your home in any special way for those celebrations? Sabbath is a special day too. What are some of the things we do to make the Sabbath special? Remember:



God made the Sabbath for us because He loves us.

Say that with me.

You Need:

- old magazine pictures
- poster board
- glue or glue sticks
- scissors (blunt-nosed)

B. Sabbath Collage

Distribute the magazines and scissors. Have the children find, cut out, and glue to the poster board pictures showing things they enjoy on Sabbath. If necessary, suggest ideas such as nature activities, stories or songs, special places, people to visit, special meals, and so on. Add the completed collage to your room decorations.

Alternate activity: Have children use pictures to make a Sabbath scrapbook. (See illustration.)

Debriefing

Allow response time as you ask: **What makes Sabbath a special day for you? What do you like to do on Sabbath? God loves us so much that He made Sabbath to be a special day for us to enjoy. Today's message is:**

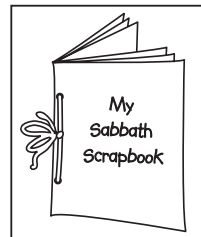


God made the Sabbath for us because He loves us.

Say that with me.

You Need:

- magazine pictures
- paper
- pencils or crayons
- hole punch
- yarn



PRAYER AND PRAISE



Fellowship

Report the children's joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review the memory verse. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

Suggested Songs

- "And God Said" (*Little Voices Praise Him*, no. 66)
- "God Made Me" (*Little Voices Praise Him*, no. 164)
- "Creation" (*Little Voices Praise Him*, no. 68)
- "God Made Our World" (*Little Voices Praise Him*, no. 71)
- "God Made the Sun and Moon and Stars" (*Little Voices Praise Him*, no. 165)

Mission

Say: **We enjoy celebrating the Sabbath and the wonderful day God created for us. Sabbath is our special day with Jesus, not only in our country but for people all over the world.** Use the story from *Children's Mission*.

Offering

Say: **Our offerings help others learn about Jesus' special gift of the Sabbath.**

Prayer

Ask: **What makes you happy on Sabbath?** (Food, songs, family, etc.) Pray: **Thank You, Jesus, for Your gift of** (Name of object). Give each child an opportunity to thank God for the gift.

*Prayer and Praise may be used at any time during the program.

2

Bible Lesson**Experiencing the Story****You Need:**

- rhythm instruments (optional)

Tell the children to make music with their instruments each time you say "Sabbath." If instruments are not available, the children can clap and cheer instead. Adam and Eve were created on Friday, so their first full day was Sabbath. Let's imagine what could have happened that day.

Read or tell the story.

The warm sun was just peeking over the edge of the world as Adam and Eve woke up. *(Point to a spot out in front of you.)*

Adam thought, *What a glorious day!* It would be their first whole day on earth. There would be so much to see and do and explore.

Just then they heard a voice calling them. "Adam! Eve!" It was God! He had come to the garden to see them. "This is a special day. I'm naming it **Sabbath**. *(Pause.)* I want to spend this entire day with you. I've made this beautiful home for you, and I want to show it to you. Are you ready?"

"We're ready," said Adam.

"Yes," said Eve. "This will be a good day."

God walked over to a tree and picked a round fruit. "These are very good for breakfast," He smiled. He showed Adam and Eve how to eat the fruit. Soon sweet juice was dripping from their fingers.

What a grand adventure they had the rest of that first **Sabbath**. *(pause)* God showed them everything in their garden home. They stood at the top of a crashing waterfall. They watched swans in a crystal-clear pool. They tasted all kinds of delicious fruit. Beautiful birds landed on their fingers and shoulders and heads.

They petted lions and rode on elephants and chattered with monkeys.

And as the sun dropped low in the sky, maybe they sat on a low hill with God and watched the oranges and pinks and purples of the sunset.

God spoke first. "Have you enjoyed this **Sabbath?**" He asked. *(Pause.)* "This is a special day to Me. My work of creating the world is finished. I wanted this day to be one that we could spend together. The **Sabbath** *(pause)* will come every seventh day. The rest of the days you will care for the garden and the animals. I will spend time with you on those days too. But every seventh day will be **Sabbath** *(pause)*, a holy day, and our special day. We will have the whole day to enjoy together."

"This has been a wonderful day," said Adam as the sun slipped out of sight.

They sat quietly for a moment. Then Eve spoke. "Thank You, God. Thank You for this special day. Thank You for the **Sabbath**." *(Pause for the children to cheer.)*

Debriefing

Allow response time as you say:
How do you think Adam and Eve felt about spending the day with God? Do you think God was tired after creating the world? Why did He rest? Do you think God made the Sabbath for Himself or for people? Why?



God made the Sabbath for us because He loves us.

Say that with me.

Bible Study

You Need:

- Bible

Open your Bible to Genesis 2 and point to the first three verses.

Say: **This is where today's story is**

found in God's Word, the Bible.

Point to each verse as you read it aloud. Be sure the children understand that the Creation story is in the Bible.

Ask: **Who made a special day for us to enjoy? Why? Which day is it? Who was with God on the very first Sabbath day? Remember:**



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Say that with me.

Memory Verse

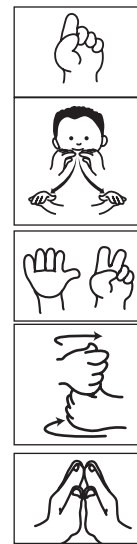
Open your Bible to Genesis 2:3.

Point to the verse and say: **This is where we find today's memory verse in God's Word, the Bible.** Point to each word as you read the verse aloud. Use the following to teach the verse.

You Need:

- Bible

- God** Point upward.
- blessed** Move hands toward the floor, palms down.
- the seventh day** Hold up seven fingers.
- and made it** Fists "grind" one above the other.
- holy.** Palms together as if in prayer.
- Genesis 2:3** Palms together, then open.



Practice as a group several times. Then see if the children can go around the circle with the first child making the sign for God, the second child making the sign for blessed, and so on. Encourage the children to help one another remember the motions.

3

Applying the Lesson**You Need:**

- a blanket, or large beach towel, or boxes big enough for the children to get into or on together

Sabbath Stew

Put the blanket, towel, or box in the center of the room. Ask: **What is in stew?** (Lots of vegetables mixed together in a broth or gravy.)

Say: **Today we are going to make Sabbath stew. Instead of using a pot, we're going to make it in our box [or on our blanket]. Each of you will be an ingredient for the stew. To get into the Sabbath stewpot, think of something you can do on Sabbath that**

would be a special reminder of Jesus or Creation. Accept any reasonable response. You may need to prompt some of the children. When all the children are in the "pot," the stew is finished. Repeat the activity if desired. Ask: **Why did God make Sabbath?**



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Say that with me.

4

Sharing the Lesson**Inviting a Friend****You Need:**

- blank party invitations or
- plain or construction paper, art supplies, and glue

Ask the children to think of someone they can invite to Sabbath School next week. Give each child a blank party invitation or help them create their own invitation with glue and glitter, sequins, yarn, and so on. Children who need it may be prompted to write something like, "God made the Sabbath for us because He loves us. Would you come to Sabbath School with me?" Some children may need help with writing. Alternately, teachers could have that message copied on a half sheet of paper and students who

are not proficient in writing could simply glue it on to their invitation. Ask them to give the completed invitation to a friend.

Debriefing

Ask: **How many of you invite friends to your birthday parties? What do we celebrate on Sabbath?** (the birthday of the world) **Use your invitation to invite a friend to celebrate the world's birthday and come to Sabbath School with you because . . .**



God made the Sabbath for us because He loves us.

Say that with me.

Closing

Thank God for the Sabbath, which shows God's love for us. Pray that God will help us bring others to Sabbath School.

STUDENT LESSON

A Special Day

References

Genesis 2:1–3;
Patriarchs and
Prophets,
pp. 47, 48

Memory Verse

“God blessed the
seventh day and
made it holy”
(Genesis 2:3,
NIV).

The Message

God made the
Sabbath for
us because
He loves us.

What day do you like best? Do you know that God made a special day for you and your family to enjoy with Him? Let's imagine what could have happened that day.

The warm sun was just peeking over the edge of the world as Adam and Eve woke up. Last night they had watched the sun slowly disappear.

Tree branches rustled softly in a gentle wind. A little bird with brilliant red and green and yellow feathers perched there. Adam chuckled softly. Adam raised his hand, and the little bird swooped down and sat on it.

A huge lion ambled out of the trees.

With a contented sigh the lion stretched out on the ground and leaned against Eve's leg. Eve rubbed his beautiful, fluffy mane. The lion snuggled closer. Butterflies played tag across the grass. Elephants trumpeted somewhere in the distance.

Just then they heard a voice close by. “It's God!” they exclaimed happily. God had come to the garden.

“Come!” God said. “Let's go exploring.”

The three of them wandered through Eden, the special garden that God had created just for Adam and Eve.

Adam and Eve heard the rushing

waters of the great river long before they saw it. The water sparkled in the early-morning light as if it were covered with tiny diamonds. When the river flowed out of the garden, it split into four separate smaller rivers. Eve looked as far as she could see and wondered where each of the rivers went.

God spent the whole day with Adam and Eve. Adam and Eve tasted new foods. They skipped and ran in the meadows. They joined the angels in singing praises to God.

“I have blessed this day and made it holy,” God explained as they enjoyed the day together, “because I am resting from creating this new earth. Every seventh day will be the Sabbath. It will be our special day to spend together.”

And the evening and the morning were the earth's seventh day. It was the end

of the very first week of God's wonderful new world. It was the very first Sabbath.

The Sabbath still comes to us every seventh day. It is our special time to be with God. It is a time to enjoy everything He has made for us.



Do and Say



Sabbath

Read Genesis 2:1–3 together. Help your child use the motions learned in Sabbath School to say the memory verse.

Help your child deliver the invitation made in Sabbath School to a friend. Thank God for friends.

space. This day God made land and plants. Look at some of the plants God made. God also made the oceans on this day. Have your child say what he/she enjoys about the beach.

Using the motions, say the memory verse. Share it with another family member.

Sunday

Make a seven-day calendar. Each day, help your child draw in the calendar space a picture of something God created that day. On the first day, Sunday, God made light and darkness. Thank God for light.

Use the motions and say the memory verse.

Wednesday

Go outside to enjoy the sunshine. Tonight, go outside to see the moon and stars. Thank God for these lights.

Say the memory verse together. Complete the Wednesday calendar space. This day God made the sun and moon. He made the stars also.



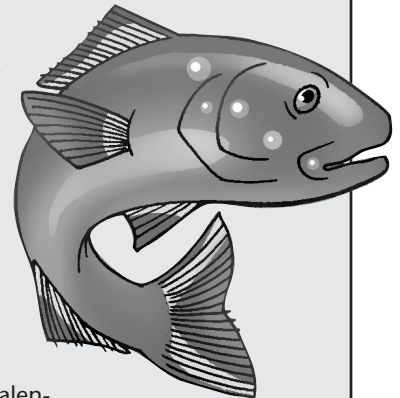
Monday

Read the lesson story together, then complete the calendar space. This day God made air and used it to separate the water. Go outside and take some deep breaths. Each time you drink water today, thank God for it.

Review the memory verse. Take deep breaths as you say it together.

Thursday

Complete the Thursday calendar space. This day God made birds and fish. Say the memory verse together. Thank God for making the birds and fish.



Tuesday

Help your child choose a friend to invite for Sabbath. Help your child complete today's calendar

Friday

Complete the Friday calendar space. This day God made animals and people. Have your child imitate a favorite animal. Plan to enjoy tomorrow the things God has created.

Sing "Sabbath Is a Happy Day." Thank God for all He made and for the Sabbath.