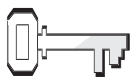


# The Best Day



### References

Genesis 2:1–3;  
*Patriarchs and Prophets*,  
pp. 47, 48, 111–116



### Memory Verse

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



### Objectives

The children will:

**Know** that the Sabbath is God’s special token of His love and grace.

**Feel** happy that they can spend this time with God each week.

**Respond** by focusing on God’s love in providing Sabbath for us to enjoy.



### The Message

The Sabbath is God’s special gift to us.

### Monthly Theme

God has always loved us, even before we were born.

### The Bible Lesson at a Glance

God has created the world in six days. On the seventh He rests and makes the day holy. He spends the first Sabbath in fellowship with Adam and Eve. The Sabbath is a constant reminder of His love and longing for fellowship with us.

### *This is a lesson about grace.*

The Sabbath is one of God’s gifts of love to us. The centuries have not dulled God’s desire to spend time with His children. It is a special time when God invites us to stop our work and spend time with Him to better understand the nature of His redemptive love.

### Teacher Enrichment

“Great blessings are enfolded in the observance of the Sabbath, and God desires that the Sabbath day shall be to us a day of joy. There was joy at the institution of the Sabbath. God looked with satisfaction upon the work of His hands. All things that He had made He pronounced ‘very good.’ Genesis 1:31. Heaven and earth were filled with rejoicing. ‘The morning stars sang together, and all the sons of God shouted for joy.’ Job 38:7. Though sin has entered the world to mar His perfect work, God still gives to us the Sabbath as a witness that One omnipotent, infinite in goodness and mercy, created all things. Our heavenly Father desires through the observance of the Sabbath to preserve among men a knowledge of Himself. He desires that the Sabbath shall direct our minds to Him as the true and living God, and that through knowing Him we may have life and peace” (*Testimonies*, vol. 6, p. 349).

### Room Decorations

See Lesson 1.

## Program Overview

Lesson Section	Minutes	Activities	Materials Needed
Welcome	ongoing	Greet students at door; hear pleased/troubled	none
<b>1</b> Readiness Activities	up to 10	A. <i>What Color Is Your Day?</i> B. <i>My Flag</i>  C. <i>I Don't Want It</i>	paper plate per child, crayons or markers paper, crayons/markers, thin dowels (12 inches/30 centimeters), glue, your country's flag small gift per child packaged together in one gift-wrapped container
<b>Any Time</b> Prayer and Praise*	up to 10	Fellowship Songbook Mission Offering Prayer	none <i>Sing for Joy</i> <i>Children's Mission</i> shell or other natural container none
<b>2</b> Bible Lesson	up to 20	Experiencing the Story Memory Verse Bible Study	none none Bibles
<b>3</b> Applying the Lesson	up to 15	<i>A Special Taste</i>	container with water, seven glasses, small plastic cups, powdered drink mix, <i>Sing for Joy</i>
<b>4</b> Sharing the Lesson	up to 15	<i>Let's Celebrate Together</i>	cardstock, crayons/markers

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

# 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 most appropriate for your situation.

### You Need:

- paper plate for each child
- crayons or markers

### A. What Color Is Your Day?

Give each child a paper plate. Help them draw lines to divide the plate into seven "pie" pieces. Say: **Imagine your plate is a week. Each pie piece is a day. Beginning with Sunday think about that day and choose a color to show how you feel about it.**

### Debriefing

Ask: **What color did you choose for** (name a day of the week)? **What color did you choose for Sabbath? Why did you choose that color for Sabbath?** There are no right or wrong answers. Give as many children as possible the opportunity to share their color. **The Sabbath is God's special gift to us. On the first Sabbath God spent time with Adam and Eve. And He still wants to spend time with His children today. Today's message is:**



**THE SABBATH IS GOD'S SPECIAL GIFT TO US.**

**Say that with me.**

### You Need:

- paper
- crayons/ markers
- thin dowel (12 inches/30 centimeters), for each child
- glue
- your country's flag

### B. My Flag

Show your country's flag and discuss its importance, meaning, and symbolism. Ask: **Why is this flag important? How should we treat it? What does it mean to people? If your family had a flag, what would it look like?** Distribute supplies and have the children design their own flag.

### Debriefing

Look at the different flags. Say: **All our flags are different. Why did you choose that symbol/color for your flag? If God were to have a flag, what do you think He would have on it?** Allow all answers. **God has something much better than a flag. He gave us a special day every week to show us how much He loves us. When we spend time with Him on that day, it is the same as saluting the flag and showing how much we love Him.**

**Today's message is:**



**THE SABBATH IS GOD'S SPECIAL GIFT TO US.**

**Say that with me.**

### C. I Don't Want It

Have an adult offer you a present. Say: **Sorry, I don't want it**, and push it away. Have them try to give it to you again and explain that it is for everyone. Again, push them away and throw the present on the floor. Have them try a third time, but this time, ask the children if they would like the present. Give the children the present.

#### Debriefing

Ask: **What did you think when I refused the present? God gives us a special present every week—a whole day with Him—the Sabbath. Many people are too busy to enjoy His gift. How do you think God feels about that?** (Sad, unhappy)  
**Today we are going to learn more about His special gift.**

**Our message for today is:**



**THE SABBATH IS GOD'S SPECIAL GIFT TO US.**

**Say that with me.**

#### You Need:

- small gift for each child packaged together in one gift box

## Prayer and Praise

Any Time



### Fellowship

Report the students' 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

- "From the Darkness Came Light" (*Sing for Joy*, no. 53)
- "Can You Imagine?" (*Sing for Joy*, no. 29)
- "He's Everything to Me" (*Sing for Joy*, no. 43)
- "Sing Praises to the Lord" (*Sing for Joy*, no. 2)
- "Think of a World Without Any Flowers" (*Sing for Joy*, no. 60)



### Mission

Share a story from *Children's Mission*. Discuss grace as it is reflected in the story.



### Offering

Say: **Many people still do not know about Jesus' love and about God's gift of the Sabbath. Our offerings help spread that good news to people in other places.**

#### You Need:

- shell or other natural container



### Prayer

Stand in a circle. Ask each child to name something that they enjoy doing on Sabbath. During your prayer praise God for the gift of the Sabbath.

# 2

## Bible Lesson

### Experiencing the Story

As you read or tell the story, the children should point upward when you mention **God**. Have the boys raise their hands when you say **Adam** and the girls raise their hands when you say **Eve**. Explain to them that we believe that God spent time with Adam and Eve on Friday evening and on that first Sabbath, and this is how it may have happened.

### Read or tell the story.

Toward the end of the sixth day of Creation **Adam** and **Eve** met with **God** under the shade of the tree of life. "See the sun setting?" **God** may have asked. "I love the way the sky turns pink, and orange, and red when the sun sets, don't you?"

As they watched the sun set on their first day of life, **Adam** and **Eve** listened to **God** as He explained what the sunset meant. "When the sun sets, another day begins. This sunset begins the most special day of all. Everything made in this earth is a present for you. There are many beautiful things for you to enjoy. But the best present has been saved until now. It is the present of a day—the seventh day. It will be called Sabbath."

A day named Sabbath? **Adam** and **Eve** wanted to know more.

**God** explained how pleased He and Jesus and the Holy Spirit were with everything. "As you have children and your children have children and learn more about this world, you will be very busy.

"We want to be sure that you will have enough time to spend with Us, and to remember that We made this whole world just for you. So We put a special day at the end of every week. A holy day

that will be different from all the other days. You will be able to stop thinking about all the things that will keep you busy on six days every week. And you will be with Us all day long."

We can only imagine what happened on the first Sabbath morning. Maybe **God** called **Adam** and **Eve** to the shade of the tree of life. Maybe they heard **God** say "Remember the Sabbath day to keep it holy" in a loud voice that filled the air with music. Maybe the angels sang for them and played musical instruments. Maybe **God** told **Adam** and **Eve** about how much They had enjoyed planning this beautiful world.

What a wonderful day! **Adam** and **Eve** spent every minute with the wonderful **God** who had created them and the beautiful earth they could see in every direction. "He must love us very much," **Adam** and **Eve** probably said to each other. "Only Someone who loves us would want to make everything so beautiful for us. His love just fills us with love for Him."

Every Sabbath in Eden **Adam** and **Eve** visited with **God**. Every Sabbath they remembered again how He had made them and how much He loved them. **God** gave the Sabbath to **Adam** and **Eve**—and to all of us too. It is a day for remembering all that He made and all that He has done for us.

### Debriefing

Ask: **What was special about the seventh day of Creation?**

**What did God do on that day?** (God blessed it and rested on it. He spent time with Adam and Eve.)

**Yes, Sabbath is like a birthday that comes every week. Just as you celebrate on your birthday, on Sabbath we celebrate the time God made the world for us to enjoy.**

**When does Sabbath begin?** (Sunset Friday)

**Why do you think Adam and Eve met with God every Sabbath? How do we meet with God on Sabbath?**

**What does your family like to do on Sabbath? What is your favorite Sabbath activity?**

**Remember today's message. Let's say it together:**



**THE SABBATH IS GOD'S SPECIAL GIFT TO US.**

### Memory Verse

Write the two parts of the memory verse (see below) where all can see. Divide the children into two groups, facing each other. As they repeat their phrase, group 1 should point upward. Group 2 should fold their hands as if in prayer.

**Group 1:** "God blessed the seventh day

**Group 2:** and made it holy"

**Unison:** (Genesis 2:3).

When each group knows their part,

switch the groups and repeat. Finally, say the verse in unison.

### Bible Study

Say: **God gave the Sabbath to us as a special gift. Let's discover what the Bible says about it.** Help the children find and read the following texts. Discuss each text with the class. Adults assist as needed.

Exodus 20:8-11

Isaiah 58:13, 14 (first part)

Mark 2:27

### Debriefing

Ask: **Why is the Sabbath different from other days?**

**How do we get ready to spend time with God on the Sabbath? What does God promise us when we spend time with Him and honor His special day?** (We will receive a special blessing.)

**The Sabbath is a special gift. Let's remember this as we say our message together:**



**THE SABBATH IS GOD'S SPECIAL GIFT TO US.**

**You Need:**

- Bibles

# 3

## Applying the Lesson

**You Need:**

- container of water
- seven glasses
- small disposable cups
- powdered drink mix
- *Sing for Joy*

### A Special Taste

Invite a child to fill a glass with water and tell what happened on the first day of Creation. Repeat for each of the first six days of Creation.

Fill the seventh glass and say: **When God created the seventh day, He did something different. He blessed it.**

Pour the drink mix into the glass. **What happened when God blessed the Sabbath day?** (It became special.) Pour a little of the "Sabbath" drink into the disposable cups and give it to the children.\* As they drink, have them take turns tell-

ing one thing they especially enjoy about Sabbath.

### Debriefing

Ask: **Why is the Sabbath so important?**

**Why do we remember that it is God's special day? Let's sing together "Psalm 118:24" (*Sing for Joy*, no. 94) as we celebrate the wonderful day God has given us.**

**Remember our message? Let's say it together:**



**THE SABBATH IS GOD'S SPECIAL GIFT TO US.**

\*Be aware of any food allergies and adjust accordingly.

## 4

## Sharing the Lesson

### Let's Celebrate Together

Ask: **What can we do to make Sabbath a special day? How can we help make it special for others in our family? Let's make a list of our favorite Sabbath activities.** List responses where all may see.

**It's good to share happy Sabbath times with others. Think of something you can do today or next Sabbath—something you can invite a friend or family member to do with you, especially someone who does not always attend church.**

Help the children review the list and choose one activity they want to do with someone today or next Sabbath. Distribute supplies and have the children make invitations to give to the person or people they choose.

### Debriefing

Ask: **Whom do you plan to invite?**

Encourage them to invite friends who do not usually come to church.

**What will you do together? How will it make you think of God? What will you share with your family and friends?** Allow time for discussion.

**God has given us the gift of the Sabbath. We make Him happy when we spend time with Him. The Sabbath is so special that even when we get to heaven we will still meet with God on Sabbath. Let's say our message together:**



**THE SABBATH IS GOD'S  
SPECIAL GIFT TO US.**

### Closing

Stand in a circle and sing a quiet song of praise such as "God Is So Good" (*Sing for Joy*, no. 13). Thank God for the special blessing of the Sabbath and ask Him to be with each one as they enjoy it.

#### You Need:

- cardstock
- markers/  
crayons



## The Best Day

### References

Genesis 2:1–3;  
*Patriarchs and  
 Prophets*, pp. 47,  
 48, 111–116

### Memory Verse

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

### The Message

The Sabbath is God’s special gift to us.

*Have you ever looked at a gift you once received and couldn’t remember who gave it to you? When God created the world, He knew that there were so many exciting things to do that people might forget who gave them all this wonderful creation. They might even forget Him. So He gave them one more special gift. This is how it may have happened as God told Adam and Eve about it for the first time.*

It was near the end of the sixth day of Creation. Adam and Eve met with God under the shade of the tree of life. “See the sun setting?” God may have asked.

“I love the way the sky turns pink, and orange, and red when the sun sets, don’t you?”

As they watched the sun set on their first day of life, Adam and Eve listened to God. “When the sun sets, another day begins,” God explained. “This sunset begins the most special day of all. Everything made in this earth is a present for you. There are so many beautiful and interesting things. It will take a long time for you to discover them all. But the best present has been saved until now. It is the present of a day—the seventh day. It will be called Sabbath.”

A day named Sabbath? Adam and Eve wanted to know more.

God explained how happy He and Jesus and the Holy Spirit were with everything. “As you have children and your chil-

dren have children and learn more about this world, things will get very busy.

“We want to be sure that you will have enough time to spend with Us. We want you to remember that We made this whole world just for you. We put a special day at the end of every week. It is a holy day that will be different from all the other days. It will be a time to stop thinking about all the things that will keep you busy on six days every week. You will be able to spend a whole day with Us.”

We can only imagine what happened on the first Sabbath morning. Maybe God called Adam and Eve to the shade of

the tree of life. Maybe they heard God say,

“Remember the Sabbath day to keep it holy” the very first time He ever said it. Maybe angels sang for them and played wonderful musical

instruments. Maybe

God told Adam and Eve about how much He had enjoyed planning this beautiful world.

What a wonderful day! Adam and Eve spent every minute with the wonderful God who had created them. They enjoyed the beautiful earth they could see in every direction. “God must love us very much,” Adam and Eve probably said to each other. “Only Someone who loves us could make everything so perfect. His love just fills us with love for Him.”

Every Sabbath in Eden Adam and Eve visited with God. Every Sabbath they remembered again how He had made the world for them. They remembered how



He had made them. And they remembered how much He loved them.

We can be with God for a whole day each Sabbath too. God wants us to enjoy this special day He made for us. He wants us to enjoy being with Him and learning more of His love.

## Daily Activities

### Sabbath

- God made the seventh day a special day—the Sabbath. If possible, go for a walk with your family and look for things He created on the other six days. As you walk, play a game of “I spy sevens.” Choose something—a tree or bird perhaps—and see who can be the first to see or name seven different kinds.
- Thank God for the variety and beautiful things He has made, but most of all for His special gift of the Sabbath.

### Sunday

- During family worship, read and discuss Genesis 2:1–3. What made the seventh day different from all the other days? Cut out a large number 7 and write the words of your memory verse on it. Put it where you can see it every day and use it to learn your memory verse.
- Make a chart for the week. Draw or write on it things you do each day. Ask God to help you to use your time in a good way.

### Monday

- With your family, read and discuss Exodus 20:8–11. What are these verses called? To whom did God give the Ten Commandments? Which is the Sabbath commandment? Ask each person to write it in their own words and share it with you.
- There are 52 weeks in a year. Can you figure out how many Sabbaths you have celebrated so far in your life?
- Thank God for giving you the commandments to help you live for Him.

### Tuesday

- During family worship, read and discuss Isaiah 58:13, 14. Think of a way to act out the difference between doing what you want to do and what God wants you to do on Sabbath. Share it with your family.

- The Sabbath is a weekly celebration of the creation of the world. Make a list of other days your family celebrates, such as birthdays and holidays.
- Sing songs about the Sabbath. Then thank God you can celebrate His Creation every week.

### Wednesday

- With your family, read in Exodus 16:4, 5, 14–30 about something special God did for the Israelites. What happened on Friday? Why? What does this tell us about the need to prepare for Sabbath? What does your family do to plan for Sabbath?
- The Sabbath is a memorial or a reminder. What memorials or reminders of special events are celebrated where you live? Plan to learn more about them.
- Pray for those who live in places where they cannot worship in church on Sabbath.

### Thursday

- Read with your family the story in Mark 3:1–5. What did Jesus do on the Sabbath? Why were some people angry because of what He did? What can your family do to help someone on Sabbath? Make a plan.
- Find out the sunset time where you live. What happens at sunset Friday evening? What will you do tomorrow to prepare for that event?

### Friday

- As your family prepares for Sabbath today, help by setting the table for supper. Find something from nature to decorate the table.
- During worship, review the lesson story with your family. Ask two people to tell about the blessings they receive from keeping Sabbath. Sing together “His Banner Over Me Is Love” (*Sing for Joy*, no. 25) or something similar. Thank God for His love and for the Sabbath.
- Recite the memory verse for your family.