

## THE CHURCH IN NEW YORK CITY CHILDREN'S MEETING LESSON

**DATE:** May 5, 2019

**SUBJECT: THE TEN COMMANDMENTS: The Fourth Commandment (1 of 2)—Remember the Sabbath Day**

**SCRIPTURE:** Exodus 20:8-11; 23:12; 31:14a, 15b; Genesis 2:1-3; Ezekiel 20:12; Matthew 12:8

**AIM:** God commanded man to remember the Sabbath and to keep it holy so that man would remember that he was created by God and for God.

**MEMORY VERSES TO CHOOSE FROM:** Exodus 20:8 (Remember the Sabbath day so as to sanctify it.); Exodus 20:9-10a (Six days you shall labor and do all your work, But the seventh day is a Sabbath to Jehovah your God...); Exodus 20:11 (For in six days Jehovah made heaven and earth, the sea and all that is in them, and rested on the seventh day; therefore Jehovah blessed the Sabbath day and sanctified it.)

**SUGGESTED SONGS:** 7 (I am a Very Special Child); 3106 *Bible Story Songs Matthew Vol. 2, Song #7* (He's the Lord); 8316 *BSS Moses Vol. 2, Song #16* (I am the Lord God Who Brought You); 49 (This is Lord's Day); 6719 (The Ten Commandments); 192 (We Are Different); 1611 *BSS Matthew Vol. 2, Song #8* (Come to Me, All Who Labor)

**CRAFT IDEAS:** (1) Continue adding the commandments to the two cardstock "stone tablets", as in prior weeks. (2) Make scratch art using colored pastels on thick paper (such as cardstock), and then adding a black layer of pastel. Use toothpick or disposable chopstick to create scratch art. "Scratch" the words of the fourth commandment. Sample instructions can be found by googling "instant scratch art."



**CONTENT:** The first three commandments are concerned with God Himself. God taught His people that there are no gods before Him, that they should only worship Him and that they should use His name rightly. The fourth commandment reminds us of God in His work of creation. **"Remember the Sabbath Day so as to sanctify it...For in six days Jehovah made heaven and earth, the sea and all that is in them, and rested on the seventh day; therefore Jehovah blessed the Sabbath day and sanctified it" (Exodus 20:8, 11).**

God wanted His people to live with a constant reminder that their God was the Creator of all things. All things came into being by Him, for Him, and for His purpose. All things rightfully belong to Him, even we ourselves.

Also, all that we need, in order to live and exist comes from Him. The ability of our parents/caregivers to work, earn money, and buy food all come from Him. Similarly, our health and strength come from God. We may "plow and plant," but if God does not send the rain there will be no harvest. He is both our Creator and Sustainer.

In Genesis 1, God worked for six days to prepare the earth for man. He prepared light, air, land, plants, light bearers, sea life, and animals. After all was prepared, God created man. On the seventh day, God rested. God did not rest because He was tired. God rested because He was satisfied. He had created man according to His desire to have an expression of Himself. Therefore, He rested and blessed the seventh day.

After creating Adam on the sixth day God rested from His work. God worked first, then rested. But the first thing Adam did was to rest with God and enjoy fellowship with God on the Sabbath. The Sabbath was a day for man and God to spend time together in rest and fellowship. When God told the children of

Israel to remember the Sabbath day and to keep it holy, He told them how to do this: by not working on the Sabbath. **“But the seventh day is a Sabbath to Jehovah your God; you shall not do any work, ...”** (Exo. 20:10a). Man was not to work on the Sabbath, he was to rest with God. This is healthy for man in many ways. **“Six days you shall do your work, and on the seventh day you shall cease from work so that your ox and your donkey may have rest, and the son of your female servant and the sojourner may be refreshed”** (Exo 23:12). Even the animals should rest and be refreshed. It was very important for man to stop what he was doing, and rest with God.

**SUGGESTED APPLICATIONS TO CHOOSE FROM:** *Please pray and fellowship over which applications to cover. Please do not try to cover all the applications. It is sufficient to cover just **one or two applications** which are appropriate for the age group of the children you are serving.*

- **Our God is a holy God.** He commanded man to remember the Sabbath and to keep it holy so that man would remember that he was created by God and for Him. He sanctifies us for His purpose. He would also surely take care of man’s needs. Man should not work for himself and forget his God. This would be to forget the purpose for which he was created. The children of Israel kept the Sabbath by not working on the seventh day. We should also trust the Lord as our supply today. He will provide for our need. Some families/children may choose to enroll in some academic classes on Lord’s Day instead of coming to children’s meeting. But we must not depend on anything other than our God, not even our own abilities, laboring and working. He knows our daily needs and will surely supply us.
- **The Lord is the Lord of Sabbath** (Matt. 12:8). We should remember that only in Him we have rest. When the Lord Jesus came to live on this earth, the Sabbath law was replaced. Jesus Himself did not observe the outward Sabbath, because He is our real rest. We might occupy ourselves with many things, like sports, or school or video games, but those things will not permanently give us real rest or enjoyment. Sometimes, people even get so tired from their vacation, which is supposed to be restful. We may do many other things outwardly, but our best enjoyment should be from being with God and His people. This could be on Lord’s Day in the children’s meeting, or during the week in the home meetings, or in the neighborhood children’s meetings.

Adapted from the Church in New York City Children’s Meeting lessons: 6/14/98; 6/23/02; 7/27/08; 5/04/14