

Topic: The Ten Commandments – Sanctifying the Lord’s Day

Note: The practical applications provided in the lesson are offered as suggestions to help the saints in their preparation. They are not meant to direct or limit the ways in which the focus of the lesson can be applied. The saints are encouraged to pray and contact the Lord to receive His burden and guidance in teaching and applying the lesson. Fellowship with other saints, and inquiring of the children themselves, may also bring out many helpful applications.

Elementary:

Verses: “Remember the Sabbath day so as to sanctify it” (Exodus 20:8).

“And on the seventh day God finished His work which He had done, and He rested on the seventh day from all His work which He had done. And God blessed the seventh day and sanctified it because in it He rested from all His work which God had created and made” (Genesis 2:2-3).

Focus: The fourth commandment is to remember the Sabbath day. In the Old Testament the Sabbath day was for God’s people to rest in remembrance of God’s work in creating the heavens and the earth.

Practical Application: Explain what the Sabbath is by discussing with the children how God created the heavens and the earth. Briefly go through the progression of God’s creation. On the 7th day, God rested because He had finished His work and was satisfied. Later, the 7th day was set apart as the Sabbath (Exodus 20:8-11), which is a day of rest to remember God’s work in creation.

Intermediate:

Verses: “Remember the Sabbath day so as to sanctify it” (Exodus 20:8).

“I was in spirit on the Lord’s day...” (Revelation 1:10a).

Focus: In the Old Testament God’s people rested to remember God’s work of creation. In the New Testament we gather together to remember the Lord Jesus and His resurrection from the dead. This day is called the Lord’s Day and it is the first day of the week.

Practical Application: What people typically call Sunday, we refer to as the “Lord’s Day,” just as the early Christians did. In the Old Testament, the people of God kept the Sabbath holy to remember God. In the New Testament, the Lord’s Day is a day to remember the Lord’s work of resurrection. The Lord’s Day is the first day of the week (Revelation 1:10) and the first day of the week is special because it signifies a new beginning. Week after week, we have a new beginning. Every Lord’s Day, we gather together to honor the Lord with our parents and with the other children.

Advanced:

Verses: “Remember the Sabbath day so as to sanctify it. Six days you shall labor and do all your work, But the seventh day is a Sabbath to Jehovah your God; you shall not do any work, you nor your son nor your daughter, your male servant nor your female servant, nor your cattle nor the sojourner with you, who is within your gates” (Exodus 20:8-10).

“And on the first day of the week, when we gathered together to break bread...” (Acts 20:7).

Focus: One sign that we are different from the people in the world is that we keep the Lord's Day. People in the world may use this day for work or play but we use this day to declare that we belong to God and depend upon Him for everything. We should never miss a Lord's Day meeting.

Practical Application: In the Old Testament, God's people labored for six days but on the Sabbath, the seventh day, they rested (Exodus 20:9-10). Jehovah commanded them to rest on this day to remember Him. In the New Testament, God's people should meet on the Lord's Day to remember Him. It should be a day of rejoicing, worship, and praise (Psalm 118: 24). Unlike the people in the world who do many other things on this day, we sanctify ourselves on the Lord's Day. Ask the children if they ever wished they could do something else on the Lord's Day instead of going to the children's meeting. This day should be the Lord's and it is a day that we set aside for Him. We should go to the children's meeting with a proper attitude and demeanor to worship the Lord. Never miss a Lord's Day meeting and come ready to sing, praise, and learn about God's word!