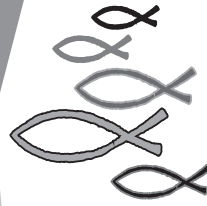


# Ten Commandments

5

## RESPECT GOD'S DAY



### MEMORY VERSE

Then Jesus said, "Come to me,  
all of you who are weary and  
carry heavy burdens,  
and I will give you rest."

*Matthew 11:28*

A

Exodus 20:8-11



What does the word *Sabbath* mean? (Use a dictionary or your Bible to help.)



Christians and Jews consider different days for their Sabbath. What happens in your home on a typical Sabbath?



What does God command about the Sabbath? (Exodus 20:9-10) What are some examples of work? What are some ways to rest?

B

Exodus 20:8-11



When did God rest? (Exodus 20:11)



Look up the word *holy* in your Bible dictionary. How can the Sabbath be kept holy in your home?



Did God need rest after He created the earth and everything in it? Why or why not? Do you need rest? Why or why not?

C

## Exodus 31:14-17



What do you say when your parents want you to rest, nap or go to bed?



How do you know God felt strongly about keeping the Sabbath?  
(Exodus 31:14-15)



Psalm 46:10 says, "Be still, and know that I am God." How can being still help you know God better?

## GOD'S DAY

Exodus 31:17 says the Lord rested and was refreshed. In this verse, "refreshed" means "exhaled." Take a deep breath and then exhale. Does it make you feel more relaxed? Everyone needs to be refreshed. God made you and He knows you best!



Write this week's  
Memory Verse:

## ASK!

Lord God, You are so good to us! Thank You for caring for Your people so much that You give us a whole day every week to rest and be refreshed. I want to follow your commands. Show me and my family how we can respect Your Sabbath day. Thank you for loving me. In Jesus' name I pray. Amen.

Don't forget to share your  
memory verse with someone  
you love this week!



**Exodus 20:8-11**

**Psalm 46:10**

<sup>8</sup> “Remember to observe the Sabbath day by keeping it holy.  
<sup>9</sup> You have six days each week for your ordinary work, <sup>10</sup> but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. <sup>11</sup> For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.”

<sup>10</sup> Be still, and know that I am God!  
I will be honored by every nation.  
I will be honored throughout the world.

**Exodus 31:14-17**

<sup>14</sup> You must keep the Sabbath day, for it is a holy day for you. Anyone who desecrates it must be put to death; anyone who works on that day will be cut off from the community. <sup>15</sup> You have six days each week for your ordinary work, but the seventh day must be a Sabbath day of complete rest, a holy day dedicated to the Lord. Anyone who works on the Sabbath must be put to death. <sup>16</sup> The people of Israel must keep the Sabbath day by observing it from generation to generation. This is a covenant obligation for all time. <sup>17</sup> It is a permanent sign of my covenant with the people of Israel. For in six days the Lord made heaven and earth, but on the seventh day he stopped working and was refreshed.

