**God’s Commandments:**

**The Sabbath**

**Exodus 20:8-11; Genesis 2:1-3**



**Here’s what happens…**

God says to observe a Sabbath day and keep it holy. A Sabbath is one day each week that we set aside to rest, refocus on God, and recharge. This commandment was so important to God that he set an example by resting on the seventh day of Creation.

**Bible Point:**

We have a special day for God.

**CLM Kids Church**

Christ loved the church and gave his life

for the church Eph. 5:25

The church is God’s family Eph. 2:19

How can you bless God’s family?

The church is Christ’s body Eph. 4:11, 12

How can you build up Christ’s body?

See the “One Another” commandments

**Family Together Time**

* Pick a day this week when you can have some family time. (If you can’t swing a *full* day, try finding just a few hours.)
* Let everyone pick one thing to do together.
* Activities should help you connect with God and each other. For example, you could…
  + have a dance party to worship music.
  + play a board game together and encourage each other while you play.
  + read a fun Christian book together.
  + go for a nature walk and point out things God created.

*“Jesus replied, ‘You must love the Lord your God with all your heart, all your soul,*

*and all your mind’” (Matthew 22:37).*

**Talk About This…**

* What helps you rest, refocus on God, and recharge spiritually?