



God's Directions for Life: Set Aside a Day to Refuel and Remember God

Opening:

Say: In our lives there is a lot to fill up our days. We can dash at breakneck speed from one activity or responsibility to the next. God knew we would need a special day to re-energize our bodies and refresh our spirits. God's waiting to renew our strength when we follow His commandment to have a day of rest.

Pray: Dear God, you are so considerate to think of such a wonderful plan. Thank you for giving us one free day. Thank you for giving us this special time to refuel and reflect on you and your goodness. Amen.

Introduction:

Review: Today we'll return to learning about the 10 commandments. Does anyone remember what the first 3 are? And which book of the Bible are they in? Today we'll discuss the fourth commandment, which says, "Remember the sabbath and keep it holy."

Activity - Starting Bright, Losing Light, Supplies: flashlight and baggies

Say: (Darken the room) "We come together at church (turn on flashlight) to remember God and fill up on his love! When we are around other Christians we glow like this light. It's as though our batteries are recharged." Have each person take a turn adding a baggie to the end of the flashlight. As they add the baggies ask them to name an activity they do each week. When all the baggies have been added ask, "What do you notice about the light? How is this like the way our weeks go? What can we do to get our lights to shine brightly again?"

Say: (Remove baggies one at a time): As the baggies were added the light got dimmer, as though the batteries were running out of power. That's how it is for us as Christians. When we worship, we get our batteries charged. God knew we would need a special time to refuel, so that is why he asks us to take a sabbath.

Scripture:

Read about one very busy person in the Bible. Mary and Martha were serving a meal to Jesus and His friends. Read Luke 10:38-42.

- What all do you think Martha had to do?
- These are all important things, but what did she forget to do?
- How is Martha and Mary spending time with Jesus like you taking a sabbath?
- How do you lose energy and enthusiasm for God during the week?

God knew Martha and he knows us. He knows that we will run around until we wear ourselves out and forget all about him. That's why God thinks it's so important to set aside a special day for him. Really, it's for us. God is so kind to give us a day to refuel.

Craft - Refuel Your Engine

Make this simple reminder to take time for a sabbath. You'll find the instructions on the next page. Cut out the "gas station" at the bottom of the page for your vehicle.

Closing Prayer:

Dear God, we want to follow your example and have a day for rest, too. We get so busy and worn out with all we have to do and everything we want to do. Thank you for taking care of us by asking us to take a sabbath. Amen.

Craft Instructions - Toilet Paper Tube Race Cars

Supplies:

Toilet paper tube

Acrylic paint

Scissors

Hole puncher

Black craft foam (or cardboard or bottle caps)

Aluminum foil

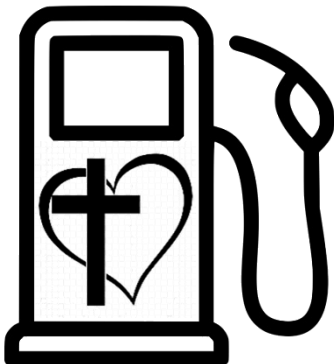
Glue

Paper for decorations (optional)

Small paper fasteners

Instructions:

1. Decorate the cardboard tube.
2. Once the tube is fully dry, mark the location of the cockpit, steering wheel, and wheels as shown above.
3. Snip out the cockpit and punch holes at the wheel and steering wheel marks. Fold the steering wheel flap down and the other flap up to serve as a seat back.
4. Cut 4 wheels (about the size of the toilet tube ends) and a quarter-sized steering wheel out of black craft foam.
5. Cut 4 quarter-size hubcaps out of aluminum foil. Punch holes in the centers of all the circles. Glue the hubcaps onto the wheels and decorate the steering wheel with foil accents.
6. Give your mean machine a custom paint job; you can glue on paper decorations and add numbers as well.
7. When you're ready to roll, attach the wheels and steering wheel to the tube with small paper fasteners. – Start your engines!



Remember to Have a Sabbath Day

Take time to refuel!