

The 10 Commandments

3rd – Keep the Sabbath Holy

Confirmation - Lesson B12

Memory Verse: *'Come to me, all who labor and are heavy laden, and I will give you ____.'* **Matthew 11:28**

What did the Sabbath mean then?

- **Genesis 2:1-3** - *'So God blessed the 7th day and made it _____, because on it God _____ from all His work that He had done in creation.'*
 - Sabbath = _____ & Holy = _____ (Set apart rest!)

After Creation, we don't see the Sabbath until a couple _____ years later in the Exodus as a day of _____, to the _____.

- **Exodus 16:23** - *'This is what the Lord has commanded: 'Tomorrow is a day of solemn rest, a holy _____ to the Lord;'*

The Sabbath shows _____ and _____ with God

- **Exodus 31:16** - *'Therefore the people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a _____ forever.'*

The Sabbath pointed the people _____ to remember how God was faithful.

- **Deuteronomy 5:15** - *'You shall _____ that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.'*

What does Sabbath look like for us now?

- There is no clear _____ on what the Sabbath is for Christians, but it's still _____!
- _____ celebrated the Sabbath, claimed _____ over the Sabbath, and clarified the created _____ of man and the Sabbath.
 - **Mark 2:27** - *'The Sabbath was _____ for man, not _____ for the Sabbath. So the Son of Man is lord even of the Sabbath.'*
- The purpose of Sabbath is to _____ from normal labor and spend time with God as _____ and in a _____ setting---this still applies!
- Sabbath rest also refers to a _____ rest, eternally with God!
 - **Hebrews 4:9** - *'So then there remains a Sabbath rest for the people of God!'*
- We should rest and replenish in the areas of: _____, _____, _____, and _____.
 - _____ - Word, prayer, worship, remember
 - _____ - Joy of relationships (family, friends & community of faith)
 - _____ - Build up and stimulate your minds!
 - _____ - Nap, exercise, etc.

Our ultimate rest is in a _____---Jesus, and His completed death & resurrection!

Main Point: Sabbath still applies today and is a _____ of rest, relationship, and restoration with God!

Reflection Time

Use this space to silently reflect on these questions:

1) Sabbath means rest---other than sleep, what is healthy 'rest' for you?

2) What does it mean to find rest in Jesus?

3) If I look at rest in the 4 areas---physical, emotional, mental, and spiritual---I am strongest in _____ because:

4) If I look at rest in the 4 areas---physical, emotional, mental, and spiritual---I am weakest in _____ because:

5) One step I can take to be better about Sabbath rest is:

Family Time

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Your Name: _____
(please print your name so we can read it)

Parent Signature: _____
(don't turn it without a LEGIT parent sig)

Family Time is meant to be an opportunity to get the family talking about spiritual things. Multiple studies show that parents and grandparents are the #1 faith role models in a child's life. We know life is busy, but we want to give you opportunities to grow together. A great time to do this is in the car, while eating a meal, or simply anytime you can enjoy together.

Memory Verse: *Come to me, all who labor and are heavy laden, and I will give you REST. Matthew 11:28*

1) Ask your parent(s): What does Sabbath mean?

2) Ask your parent(s): Do you personally think it's important to honor the Sabbath? Why or why not?

3) This week in Confirmation, we had students make a pie chart of an average week of their lives. Now, **have a parent give their split** of what an average week (168 hours) looks like using percentages:

	HRS	% of week
• Sleeping (i.e - 8 hours per day x 7 days = 56 hours or 33% of the whole pie)	_____	_____%
• Work (including travel time)	_____	_____%
• Screen time (TV, computer, phone, all social media etc.)	_____	_____%
• Reading a book	_____	_____%
• Chores (driving kids everywhere is included!)	_____	_____%
• Extracurriculars	_____	_____%
• Eating (prep time too)	_____	_____%
• Time with family (include attending kids activities!)	_____	_____%
• Time with friends	_____	_____%
• Time with God (church, Confirmation, praying, Bible time, etc.)	_____	_____%
• Feel free to add any significant categories	_____	_____%
TOTAL =	100%	

4) Does your family typically live at a healthy pace of life? Do you feel like you can change that?

5) How does your family rest? Is it good rest or bad rest? Discuss things that fit into both categories:

6) We talked about using Sabbath to rest emotionally, spiritually, physically, and mentally. How would you rate your family at resting and restoring yourselves in these 4 areas in an average week:

	Room for improvement							Well-rested		
EMOTIONAL	1	2	3	4	5	6	7	8	9	10
SPIRITUALLY	1	2	3	4	5	6	7	8	9	10
PHYSICALLY	1	2	3	4	5	6	7	8	9	10
MENTALLY	1	2	3	4	5	6	7	8	9	10

7) If there's an area below a 7, list a practical way in which your family can be better about resting:

8) Read **Matthew 11:28-30**---what does it mean to rest in Jesus?

Student _____

Parent(s) _____

Other _____

9) Close in prayer that as individuals and as a family, you can honor the Sabbath!