

EXPLAINING SABBATH TO YOUR KIDS

God is always giving his love to us, and showing us himself. But sometimes we just get too busy to notice God, or to feel his love. So God made something called “Sabbath.” Sabbath is something that God made just for us, his people. He wanted to give us a gift every week that reminds us how much he loves us. So he made a special day each week, just for us to rest.

Sabbath is God’s way of reminding us that we don’t need to work hard all the time. So on Sabbath days, we get to stop! Mommy and daddy – and you – get to stop working and have a chance to remember all that God does for us.

What are some things God has given us, that you’re thankful for?

Since we’re not working on Sabbath days, we get to do things like watch the sunset God paints for us in the sky. We get to play together. We get to do things you’ve wanted to do with mommy and daddy, like go ride bikes, or fly a kite, or (fill in the blank according to your family). And we get to be thankful to God for all the things he’s done for us.

What are some fun things we want to do as a family today, that allow us to not work, but rest?

Another way we can Sabbath is by seeing the ways that God has provided for us during this week. We know you have a really good memory, and we need your help to remember how God answered prayer, protected us, comforted you or a family member, or made you laugh this week.

Can you think of some ways God has provided for us this week?

Finally, you can also rest well by being creative. Instead of watching TV or playing video games, we can do something different today, and be creative because God is creative. Maybe we can paint something, or read a fun book together, or (fill in the blank according to your family).

What are some ways we can be creative, but still restful, today?

[adapted with gratitude from Rock Harbor Church, Costa Mesa CA – rockharbor.org]

