

# The Best Day

Genesis 2:1-3; Patriarchs and Prophets, pp. 47, 48, 111-116



**H**ave you ever looked at a gift you once received and couldn't remember who gave it to you? When God created the world, He knew that there were so many exciting things to do that people might forget who gave them all this wonderful creation. They might even forget Him. So He gave them one more special gift.

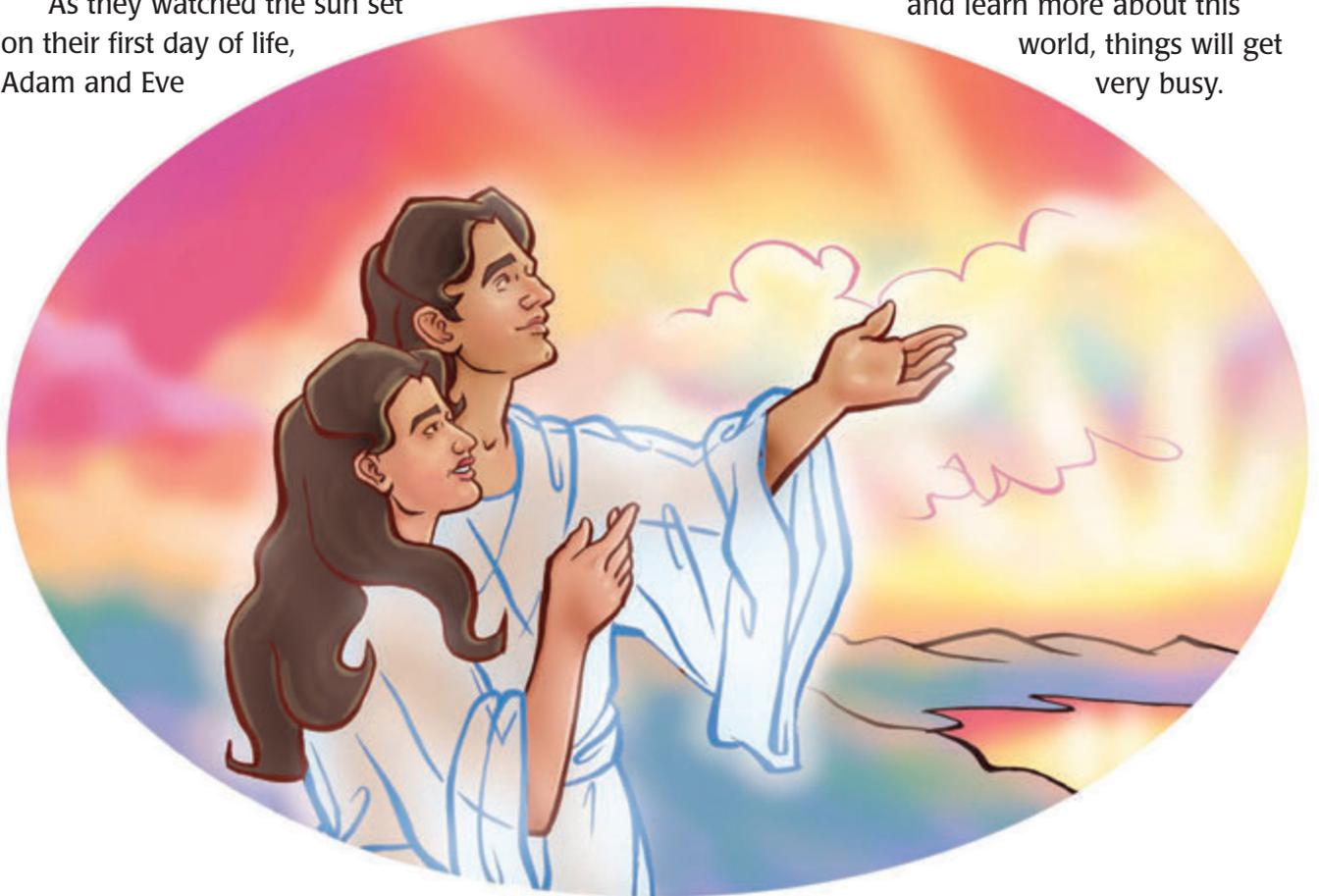
**I**t was near the end of the sixth day of Creation. Adam and Eve met with God under the shade of the Tree of Life. "See the sun setting?" God may have asked. "I love the way the sky turns pink, and orange, and red when the sun sets, don't you?"

As they watched the sun set on their first day of life, Adam and Eve

listened to God. "When the sun sets, another day begins," God explained. "This sunset begins the most special day of all. Everything We made in this earth is a present for you. There are so many beautiful and interesting things. It will take a long time for you to discover them all. But We have saved the best present until now. It is the present of a day—the seventh day. We have called it Sabbath."

A day named Sabbath? Adam and Eve wanted to know more.

God explained how happy He and Jesus and the Holy Spirit were with everything. "As you have children and your children have children and learn more about this world, things will get very busy."



# The Message

The Sabbath is God's special gift to us.

## Memory Verse

"God blessed the seventh day and made it holy"

(Genesis 2:3, NIV).

"We want to be sure that you will have enough time to spend with Us. We want you to remember that We made this whole world just for you. So, We put a special day at the end of every week. A holy day that will be different from all the other days. It will be a time to stop thinking about all the things that will keep you busy on six days every week. And you will spend a whole day with Us."

We can only imagine what happened on the first Sabbath morning. Maybe God called Adam and Eve to the shade of the Tree of Life. Maybe they heard God say, "Remember the Sabbath day to keep it holy" the very first time He ever said it. Can you imagine a booming voice that filled the air? Maybe angels sang special choir music for them and played wonderful musical instruments. Maybe God told Adam and Eve about how much He and God had enjoyed planning this beautiful world.

What a wonderful day! Adam and Eve spent every minute with the wonderful God who had created them. They enjoyed the beautiful earth they could see in every direction. "God must love us very much," Adam and Eve probably said to each other. "Only someone who loves us could make everything so perfect. His love just fills us with love for Him."

Every Sabbath in Eden

Adam and Eve visited with God. Every Sabbath they remembered again how He had made the world for them. How He had made them. And how much He loved them.

And we can be with God for a whole day each Sabbath too. God wants us to enjoy this special day He made for us. He wants us to enjoy being with Him and learning more of His love.





## S A B B A T H

**DO** God made the seventh day a special day—the Sabbath. If possible, go for a walk with your family and look for things He created on the other six days. As you walk, play a game of “I spy sevens.” Choose something—a tree or bird perhaps—and see who can be the first to see seven different kinds.

**PRAY** Thank God for the variety and beautiful things He has made, but most of all for His special gift of the Sabbath.

## S U N D A Y

**DO** During family worship read and discuss Genesis 2:1-3. What made the seventh day different from all the other days? Cut out a large number 7 and write the words of your memory verse on it. Use it to teach your memory verse to your family. Then put it where you can see it every day.

**MAKE** Make a chart for the week. Draw or write on it things you do each day. Ask God to help you to use your time in a good way.

## M O N D A Y

**READ** With your family, read and discuss Exodus 20:8-11. What are these verses called? To whom did God give the Ten Commandments? Which is the Sabbath commandment? Ask each person to write it in their own words and share it with you.

**THINK** There are 52 weeks in a year. Can you figure out how many Sabbaths you have celebrated so far in your life?

**PRAY** Thank God for giving you the commandments to help you live for Him.

Isaiah 66:23 tells us we will still be keeping Sabbath holy in the new earth.

## T U E S D A Y

**DO** During family worship read and discuss Isaiah 58:13, 14. Think of a way to act out the difference between doing what you want to do and what God wants you to do on Sabbath. Share it with your family.

**MAKE** The Sabbath is a weekly celebration of the creation of the world. Make a list of other days your family celebrates, such as birthdays and holidays.

**DO** Sing songs about the Sabbath. Then thank God you can celebrate His Creation every week.

## W E D N E S D A Y

**READ** With your family, read in Exodus 16:4, 5, 14-30 about something special God did for the Israelites. What happened on Friday? Why? What does this tell us about the need to prepare for Sabbath? What does your family do to plan for Sabbath?

**THINK** The Sabbath is a memorial or a reminder. What memorials or reminders of special events are celebrated where you live? Plan to learn more about them.

**PRAY** Pray for those who live in places where they cannot worship in church on Sabbath.





# T H U R S D A Y

## READ

Read with your family the story in Mark 3:1-5. What did Jesus do on the Sabbath? Why were some people angry because of what He did? What can your family do to help someone on Sabbath? Make a plan.

## THINK

Find out the sunset time where you live. What happens at sunset Friday evening? What will you do tomorrow to prepare for that event?



# F R I D A Y

## DO

As your family prepares for Sabbath today, help by setting the table for supper. Find something from nature to decorate the table.

## DO

During worship, review the lesson story with your family. Ask two people to tell about the blessings they receive from keeping Sabbath. Sing together "His Banner Over Me Is Love" (Sing for Joy, No. 25) or something similar. Thank God for His love and for the Sabbath.

## The Best Day

# PUZZLE

**Directions:** When Jesus died on the cross, He rested on the Sabbath because it was established at Creation as the day of rest. Write the answer to four questions on the appropriate lines.

1. God created the Sabbath for whom?
2. The Sabbath is what kind of a gift from God?
3. Which day of the week do we worship?
4. What marks the beginning and end of the Sabbath?

