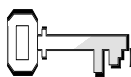


## More Time on the Clock



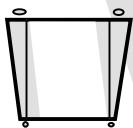
### References

Isaiah 38:1–21; *Prophets and Kings*, pp. 340–348



### Memory Verse

“The Lord will do what he has promised” (Isaiah 38:7, NIV).

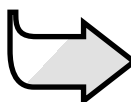


### Objectives

The children will:  
**Know** that God always keeps His promises.

**Feel** confident that God will do what He has promised.

**Respond** by trusting God to keep His promises and thanking Him for doing so.



### The Message

I can depend on a God who keeps His promises.

### Monthly Theme

God keeps His promises.

### The Bible Lesson at a Glance

While Hezekiah is sick, God sends him a message by His prophet, Isaiah, telling him he will soon die. Hezekiah prays, reminding God that he has been faithful. Then he weeps bitterly. God gives Isaiah another message for Hezekiah—that He had heard his prayer, had seen him weep, and would add 15 years to his life. God promises to turn the shadow on the sundial of Ahaz ten degrees backward as a sign. God keeps His promise. Hezekiah recovers and writes a psalm (see Isaiah 38:9–20) in which he expresses his gratitude to God for answering his prayer.

### This is a lesson about grace.

God’s promise of extended life to Hezekiah was a gift of His grace—to Hezekiah, to Isaiah, and to us. He promises us eternal life, extended forever, not just for 15 years. Just as God kept His promise to Hezekiah long ago, He will keep His promises to us today.

### Teacher Enrichment

Hezekiah’s name means “Yahweh has strengthened.” He was the son of Ahaz and the 13th king of Judah, reigning for 29 years. He was a good king, who tried to follow God’s law, repairing the temple, and reinstating the religious services. His reign was prosperous. His greatest technical accomplishment was cutting the Siloam tunnel (1,749 ft. [533 m]) to bring water into the city of Jerusalem. His miraculous healing was an opportunity for him to witness about God’s grace to people of many countries. The Chaldean leader Merodach-baladan sent ambassadors to learn more about what happened (see *The SDA Bible Commentary*, vol. 8, pp. 484–486).

Some confusion is possible since some Bible translations of Isaiah 38:8 refer to a sundial, and other translations refer to steps. One possible interpretation of Isaiah 38:8 is as follows: “The sign of the return of the declining sun has an obvious appropriateness to the addition of years to the declining life of a man. . . . The sundial: Lit., ‘the stairs’ of Ahaz; not a sundial in our sense, but what served the purpose, viz., the steps of the ‘king’s entry,’ presumably a private stairway, built by Ahaz (cf. II Kings 16:18) on the west

side of the temple enclosure, so that a horizontal shadow moved up the steps as the sun declined" (*The Interpreter's Bible*, vol. 5, pp. 373, 374).

**Room Decorations**

See Lesson 5.

## Program Overview

Lesson Section	Minutes	Activities	Materials Needed
Welcome	ongoing	Greet students at door; hear pleased/troubled	markers, sun cutouts (see p. 67), stapler or pins, bulletin board with words "Children of the SON"
<b>1</b> Readiness Options	up to 10	A. <i>Shadow Drawing</i> B. <i>Rainbow Hand Prints</i>	large piece of paper for each child, pens, sunlight and shadow, Bible finger paints in the seven colors of the rainbow, large piece of paper (approx. 4' x 8' [1.25 m. x 2.5 m.]), baby wipes or wet paper towels, Bible
<b>Any Time</b> Prayer and Praise*	up to 10	Fellowship Songbook Mission Offering  Prayer	none <i>Sing for Joy</i> <i>Children's Mission</i> piece of pottery from last week with a rainbow colored sign reading "God keeps His promises" none
<b>2</b> Bible Lesson	up to 20	Experiencing the Story  Memory Verse  Bible Study	adhesive tape, large posterboard circle, spotlight, "bed," two sets of Bible-times costumes, crown large rainbow drawing divided into seven colors plastic soap dishes or small boxes for each child or paper for a book, markers, pencils, Bible references list, paper, Bibles
<b>3</b> Applying the Lesson	up to 15	<i>Promise Book</i>	paper, markers, stapler
<b>4</b> Sharing the Lesson	up to 15	<i>Sharing God's Promises</i>	paper, colored markers

**\*Prayer and Praise may be used at any time during the program.**

# TEACHING THE LESSON

## You Need:

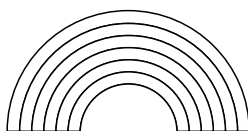
- markers
- sun cutouts (see p. 67)
- stapler or pins
- large bulletin board with the words “Children of the SON”

## You Need:

- large piece of paper for each child
- pens
- sunlight and shadow
- Bible

## You Need:

- finger paints in the seven colors of the rainbow
- large piece of paper (approx. 4' x 8' [1.25 m. x 2.5 m.])
- baby wipes or wet paper towels
- Bible



## Welcome

Welcome students at the door. Ask how their week has been—what they are pleased/troubled about. Encourage them to share any experiences from last week’s lesson study. Have them begin the readiness activity of your choice.

As the children arrive, give them a sun cutout and marker. Have them write their names on the sun and pin or staple their sun to the bulletin board under the caption.



## Readiness Activities

Select the activity most appropriate for your situation.

### A. Shadow Drawing

If there are shadows, tell the children to choose one and place their paper on the ground or floor so that the shadow is on the paper. They then draw around the outline of the shadow. (If necessary, use a strong lamp to create shadows.)

#### Debriefing

Ask: **Did you enjoy tracing around a shadow?** (yes, no) **When you get home today, mark where an outdoor shadow falls. Check your mark and the shadow at different times of the day. Notice what happens. Let’s find and read Isaiah 38:7, our memory verse. Read aloud together. Shadows change the shape of things; they get longer or shorter. Today we will learn about one thing that never changes—God’s promises. We’re learning that:**



**I CAN DEPEND ON A GOD WHO KEEPS HIS PROMISES.**

**Say that with me.**

### B. Rainbow Hand Prints

In advance, make an outline of a rainbow (seven arcs or semicircles, one inside the other) on a large piece of paper. Make each of the seven semicircles the width of a child’s hand.

Starting at the top semicircle, the children should each place a hand first in the red paint and then press it on the paper staying within the top semicircle. When the red section is filled with handprints, begin filling the orange section. This activity will be completed in the following weeks. (The order of the rainbow spectrum is red, orange, yellow, green, blue, indigo, violet.) When finished, have the children use baby wipes or wet paper towels to clean their hands. NOTE: Save the rainbow for Lesson 7.

#### Debriefing

Allow response time as you ask: **What did you like most about working on our rainbow? What Bible story tells about a rainbow? What did that rainbow mean to the people who saw it? What does it mean to God’s people today? The rainbow is a symbol of God keeping His promises. Read Genesis 9:13. A covenant is a type of promise. Each time we see a rainbow, we remember that God always**

**does what He promises. Let's find and read our memory verse in Isaiah 38:7.**

Read aloud together. **In our Bible story today we are learning about another time God made a promise. Today's message is:**

**I CAN DEPEND ON A GOD WHO KEEPS HIS PROMISES.**

**Say that with me.**

## Prayer and Praise



### Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review the memory verse. Acknowledge any birthdays, special events, or achievements. Give a special warm greeting to all visitors.



### Suggested Songs

- "God Is So Good" (*Sing for Joy*, No. 13)
- "Jesus Keeps His Promises" (*Sing for Joy*, No. 41)
- "In His Time" (*Sing for Joy*, No. 42)
- "All Through the Day" (*Sing for Joy*, No. 49)
- "He's Able" (*Sing for Joy*, No. 40)



### Mission

Use a story from *Children's Mission*.



### Offering

Say: **With our offering today we can thank God for keeping His promises.**

#### You Need:

- piece of pottery from last week with a rainbow colored sign reading "God keeps His promises."



### Prayer

Read a few of your favorite Bible promises to the children. Ask for prayer requests. Try to find appropriate Bible promises to match some of the requests. Then pray together for the requests and thank God for His precious promises.

# 2

## Bible Lesson

### You Need:

- adhesive tape
- large poster-board circle
- spotlight
- “bed”
- two sets of Bible-times costumes
- crown

### Experiencing the Story

**Characters:** Hezekiah, Isaiah

**Note:** Since some Bible translations refer to “steps” as a way to measure the shadow created by the movement of the sun throughout the day, and other translations refer to a “sundial,” it would probably be less confusing to make the visual aid to conform to whatever translation you are using (see Teacher Enrichment).

In advance, prepare stairs going up the classroom wall, using adhesive or masking tape to “draw” stairs ascending the wall. Prepare a bed for Hezekiah. Select two boys or two men to be Hezekiah and Isaiah and have them dress in Bible-times costumes.

### Read or tell the story.

*[King Hezekiah is lying in bed.]* King Hezekiah was helpless for maybe the first time in his life. As king, he was used to being able to make up the rules. But now he was sick. He might die. And there wasn’t anything he could do about it. Only God could do something. He could perform a miracle.

King Hezekiah tossed and turned. *[King Hezekiah tosses and turns, holding his head.]* He didn’t deserve this! He had obeyed God and been faithful. He had done what the prophets had told him to do. What was going to happen now? Would he get well?

God loved Hezekiah and knew that he had some questions. So He sent the prophet Isaiah to talk to him. *[Isaiah comes to Hezekiah’s bed.]* Isaiah had news that the king did not want to hear. *[Isaiah points his finger to heaven and looks like*

*he is speaking to Hezekiah.]* He told the king as gently as he could, “This is what the Lord says: Put your house in order, because you are going to die; you will not recover” (Isaiah 38:1, NIV). And then Isaiah left the palace. *[Isaiah leaves.]*

King Hezekiah turned his face away from his servants and faced the wall. *[Hezekiah faces the wall and begins to “cry.”]* He began to cry with such loud sobs that everyone nearby in the palace could hear him. The servants were frightened. They wanted to help, but they couldn’t.

But in his most helpless moment, the king turned to God. *[Hezekiah appears to be praying.]* He reviewed his life of following God. “Remember how I have followed You faithfully and with wholehearted devotion,” Hezekiah said. He started crying again. *[Hezekiah “cries” again.]*

God took pity on Hezekiah. He sent Isaiah back with a new message. *[Isaiah goes back to see Hezekiah.]*

*[Isaiah points toward heaven and appears to talk to Hezekiah.]* Isaiah said, “This is what the Lord says: I have heard your prayer and seen your tears. I will add fifteen years to your life. This is the Lord’s sign to you that the Lord will do what He has promised: I will make the shadow cast by the sun go back the ten steps it has gone down on the stairway at Ahaz.” *[Using the spotlight and large cardboard circle, cause the shadow of the sun to move up the “stairs.” Then reverse it. Or illustrate with a sundial.]*

Then Isaiah told the servants about a treatment to give King Hezekiah. They did, and he got better (Isaiah 38:21). *[Hezekiah gets out of bed and stands up.]* Hezekiah lived another 15 years and continued to serve God.

Later, when Hezekiah wrote about this miracle, he said that his gift to God for being healed would be to tell the

story to his children and praise God for His faithfulness. [Hezekiah smiles and points to heaven.] He said with confidence, “The Lord will save me, and we will sing with stringed instruments all the days of our lives in the temple of the Lord” (Isaiah 38:20, NIV).

Not everyone experiences a miracle as King Hezekiah did. Many people still die from being sick. God is sad when we suffer. He has promised to send Jesus back to take us to heaven, where we will live forever with Him. And no one will get sick or die! We can believe that promise because God keeps all His promises, as He did for Hezekiah.

### Debriefing

Ask: **What would you think if the sun went down in the east instead of the west? Or, if it backed up like it did in Hezekiah’s time?** (I’d be very surprised and amazed. I would believe that it was a miracle.)

**This miracle shows again that God is very powerful. It also proved that He would keep His promise to Hezekiah. When you feel worried about something in your life, what will you remember?** (I can trust God to take care of all my needs, because He has promised that He would do that.) **Let’s say today’s message like we really believe it!**



**I CAN DEPEND ON A GOD WHO KEEPS HIS PROMISES.**

### Memory Verse

In advance, cut a rainbow drawing into seven separate colors. Divide the memory verse into seven parts and write each part on one color of the rainbow: red—**The Lord**; orange—**will do**; yellow—**what**; green—**He**; blue—**has**;

#### You Need:

- large rainbow drawing divided into seven colors

indigo—**promised**; violet—**Isaiah 38:7**. Let the children assemble the rainbow to discover the verse. Mix the colors and repeat the activity. Do this until the children know the verse.

### Bible Study

On paper, create a list of promises about healing. (Include some references from Isaiah 38:1–20. Some other promises about healing include: Jeremiah 30:17; Malachi 4:2; Isaiah 53:5; Exodus 15:26; Revelation 21:4.) Repeat the verses until you have enough to give one to each of your students.

Cut the list into strips containing one Bible promise text each. Give one to each child, asking for a volunteer to read each text. (Adults assist as needed.) Discuss the meaning of each. Then have students write out their verse on a slip of paper and put it in the box you have provided (or place it in a small book they create). During Bible study time for the next three weeks they will continue to add to their box or book. Keep the boxes/books until the last Sabbath of the month.

### Debriefing

Ask: **What do you think about the promises God has given us?** (encouraging, take away my worry, etc.) **The promises we read today are about healing. That’s what God did for Hezekiah.**

**Sometimes we need healing from other things besides being sick in our bodies. What are some of these “other things”?** (sin, people’s words and actions that hurt us, our own bad feelings about someone or something, etc.)

**When you are sick or worried, remember God’s promises. They are for you, and they are true. Let’s say today’s message again:**



**I CAN DEPEND ON A GOD WHO KEEPS HIS PROMISES.**

#### You Need:

- plastic soap dishes or small boxes for each child or paper for a book
- markers, pencils
- Bible references list
- small pieces of paper
- Bibles

### 3

## Applying the Lesson

### You Need:

- paper
- markers
- stapler

### Promise Book

Give the children an opportunity to make a “promise” book. Ask them: **What promises has God made to you that He has kept?**

If someone has difficulty, remind them that God promised to watch over them, protect them, and provide their every need. Encourage them to think of things God provides that they don’t think of as miracles: food, parents, fresh air, water, animals, plants, etc.

Make a small book by stapling sheets of paper together. Help the children write a promise on each page and decorate the pages.

### Debriefing

Say: **God has given us hundreds of promises in His Word, and He keeps every one. It is exciting to see what God will do next.**

**What would you rather do—worry or believe God’s promises?** (Believe God’s promises.) **Why?** (Because worrying only makes things worse. I can depend on God to keep His promises.)

**Remember our message:**



**I CAN DEPEND ON A GOD WHO KEEPS HIS PROMISES.**

### 4

## Sharing the Lesson

### You Need:

- paper
- colored markers

### Sharing God’s Promises

Ask: **Can you think of someone whom you might remind about one of God’s promises—so they can look forward to it coming true? As you think of that person, say a prayer that Jesus will help you find just the right promise in His Word to share with them.**

**What about one of the promises that you read during Bible Study time?** (If needed, list those texts where all can see.) **Or you can use another. Write it on a piece of paper using different color markers, like a rainbow.**

**Be sure to write the person’s name in the verse so they will know Jesus is speaking especially to them.** Adults assist as needed, especially for younger children.

### Debriefing

Invite the children to share aloud some of the Bible promises that they chose.

Ask: **How do you like the idea of sharing God’s promises with someone else?** (I like to make others feel better, etc.) **Don’t forget to tell your friend about today’s message. Let’s say it together one last time.**

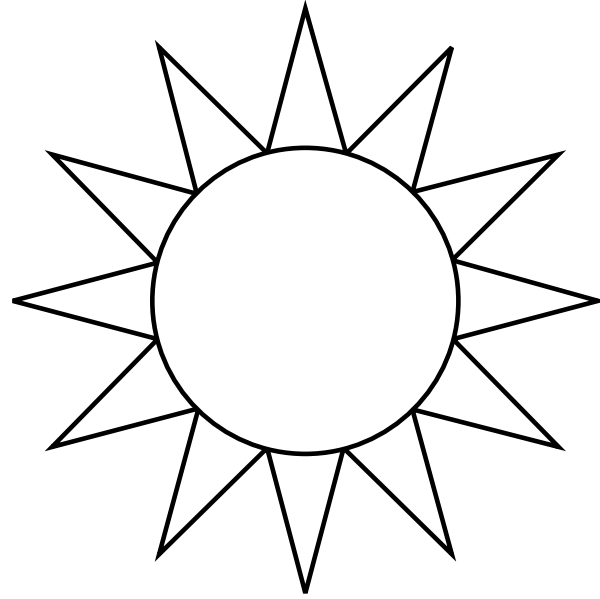
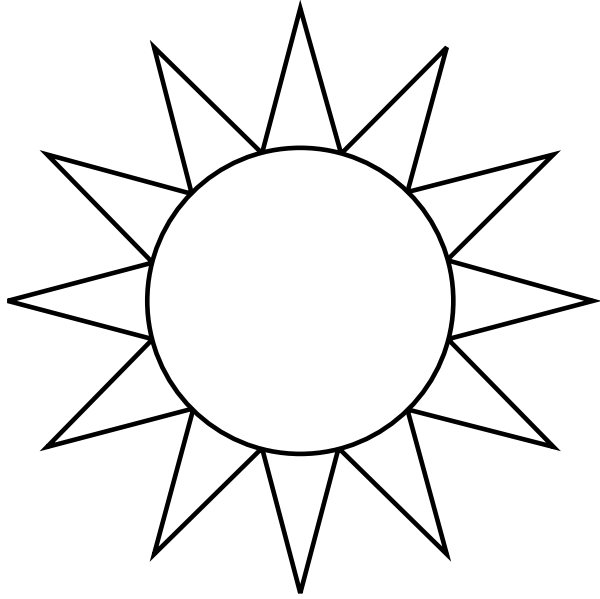
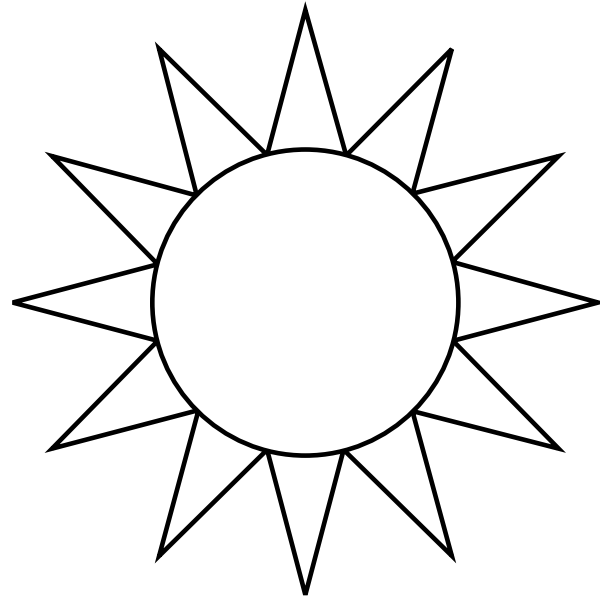
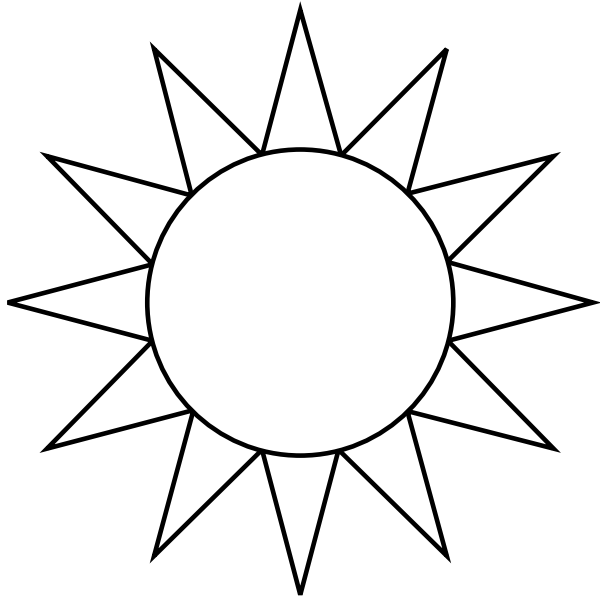
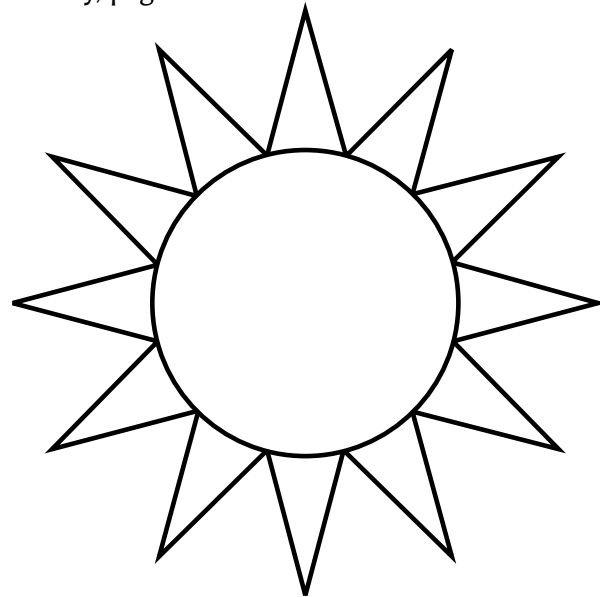
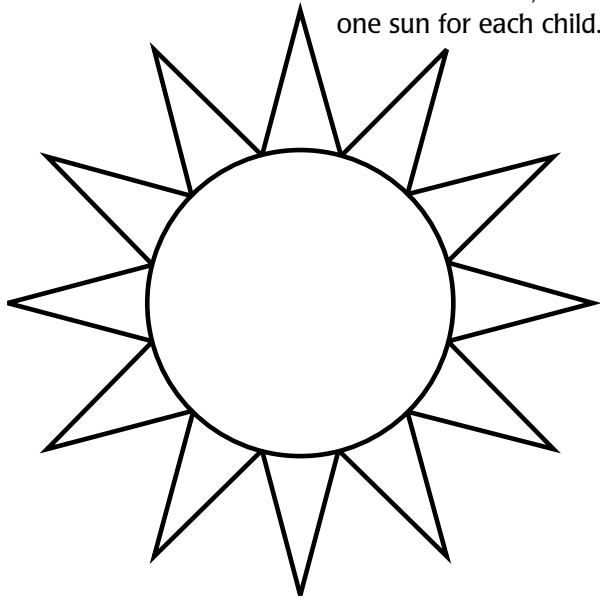


**I CAN DEPEND ON A GOD WHO KEEPS HIS PROMISES.**

### Closing

Sing “He’s Able” (*Sing for Joy*, No. 40). Pray that God will help every boy and girl to depend on God and His promises.

For Lesson 6, Welcome activity, page 62. Make one sun for each child.





## More Time on the Clock

### References

Isaiah 38:1–21;  
*Prophets and Kings*,  
 pp. 340–348

### Memory Verse

“The Lord will do what he has promised” (Isaiah 38:7, NIV).

### The Message

I can depend on a God who keeps His promises.

*Kari was sick, so sick she didn't think she would ever get well. Day after day she felt awful. And day after day she prayed that God would make her well. God heard her prayers, and she got better.*

*Kari learned that God answers prayer. King Hezekiah learned that too.*

King Hezekiah was helpless. He didn't like the feeling. He was used to being in charge of his life. But now he was very sick. Our world has some rules about sickness, doesn't it? One rule is that some people die from being sick. And only God can change that condition. When He does, it's called a miracle.

In his bedroom, King Hezekiah tossed and turned feverishly. His head ached and his body seemed like one big sore. He thought about his life. He had been a good king. He had obeyed God and been faithful. He had done what the prophets had told him to do. What would happen to him now?

God knew that the king was a good man. He knew that the king had some questions. So He sent the prophet Isaiah to talk to him. Isaiah had news that the king did not want to hear. He told the king as gently as he could, “This is what the Lord says: Put your house in order, because you are going to die; you will not recover” (Isaiah 38:1, NIV). And then Isaiah left. Being a messenger of God wasn't always pleasant.

King Hezekiah turned his face away from his servants and faced his bedroom wall. He began to cry with loud sobs. Everyone nearby could hear him. Clearly, his heart was broken, and he was afraid. The servants, too, were frightened. They wanted to help, but they did not know how.



In his most helpless moment, the king turned to God and reviewed his life. “Remember how I have followed You faithfully and with wholehearted devotion,” Hezekiah said. “I have done what is good in Your eyes.” He started crying again.

God took pity on Hezekiah. He sent Isaiah back to the king with a new message. Isaiah said, “This is what the Lord says: I have heard your prayer and seen your tears. I will add fifteen years to your life. This is the Lord's sign to you that the Lord will do what He has promised: He will make the shadow cast by the sun go back the ten steps it has gone down on the stairway at Ahaz.” The shadow would move backward!

Then Isaiah told the servants how to care for Hezekiah. And they did as Isaiah said (Isaiah 38:21). Hezekiah lived another fifteen years and continued to serve God.

Hezekiah wrote about this miracle. You can read his words in Isaiah 38. He praised God for being healed and promised to tell his story to his children. He promised to praise God for His faithfulness. He said with confidence, “The Lord will save me, and we will sing with stringed instruments all the days of our lives in the temple of the Lord” (Isaiah 38:20, NIV).

Not everyone experiences a miracle as King Hezekiah did. People still die

from being sick. But there is hope. God has promised to send Jesus to take us to heaven. When He comes, those who have been faithful will be resurrected. In heaven we will live forever with Jesus. And no one will get sick or die! We can believe that promise because God keeps all His promises, just as He did for Hezekiah.

## Daily Activities

### Sabbath

- Take a Sabbath walk with your family in the sunshine, if possible. Look for shadows. Stop some place and read your lesson story. Your story has sun and shadows too. At the end of your walk look at the shadows again. How have the shadows changed?
- Read and discuss Isaiah 38:7 together.
- Sing "All Through the Day" (*Sing for Joy*, No. 49) before prayer. Thank God for sunshine.

### Sunday

- Read and discuss Isaiah 38:1–3 during worship. How might you have felt if Isaiah had given this message to you? What two things did Hezekiah do? Does your family pray when you are in trouble?
- Ask each family member what their favorite Bible promise is and why. Make a list of these texts. During the week make a decorated bookmark for each person with their special promise. Save the bookmarks for Friday worship.
- Say your memory verse together. Then thank God for His promises.

### Monday

- With your family, read and discuss Isaiah 38:4–6.
- Draw a picture of a time you were in trouble and God heard your prayer for help. Draw His answer to your prayer. Explain your picture to your family.
- Write this week's memory verse; then write above it "God's promise to      (your name)     ."
- Thank God for hearing and answering your prayers.

### Tuesday

- During family worship, read and discuss Isaiah 38:7, 8.
- How does the sun's shadow tell time? Stand a pencil in firm dirt or a lump of clay. Use a flashlight as the "sun." Make the flashlight's beam "rise" from below one side of the pencil to climb

to "midday" and then slowly "set" on the other side. Notice changes in the pencil's shadow.

Make the flashlight beam go back to see the "sun" going backward. Watch the shadow.

- Say your memory verse. Then work on your promise bookmarks.
- Thank God for light and darkness.

### Wednesday

- Together with your family, read and discuss the first part of Hezekiah's song in Isaiah 38:9–14. Is this the sad part?
- Sing a happy song about God's promises: "Jesus Keeps His Promises" (*Sing for Joy*, No. 41). Then pray for someone who is sick.
- Make up a happy tune for your memory verse. Work on your promise bookmarks.

### Thursday

- Read and discuss Isaiah 38:15–20 with your family.
- God added some time to Hezekiah's life. What would you do with extra hours today?
- Have you shared one of God's promises with a friend? (If you were not in Sabbath School, write on a card with markers of different colors one of God's promises and share it with a friend.)
- Sing your memory verse song. Thank God for health and strength. Then finish your promise bookmarks.

### Friday

- Set a full, clear glass of water on a windowsill in bright sunlight. Be sure the glass sticks out over the ledge a little bit. Place a white piece of paper on the floor under the window. What do you see on the paper? Does it remind you of God's love?
- Act out the story of Hezekiah with your family. Make the shadow with a flashlight.
- Give your family the promise bookmarks you made. Have them read their promise out loud and tell what it means to them.
- Sing your memory verse together. Then thank God for another Sabbath.