

# THE SABBATH IS A GIFT FROM GOD

God tells His people many times that we are to **'Remember the Sabbath and keep it Holy'**. Here are 3 places you can look up in your Bibles that are mentioned in today's lesson:

GENESIS 2:1-3, EXODUS 16:22-23,26; & EXODUS 20:8-11.

In today's story, we also hear what Jesus said about the Sabbath in MATTHEW 12:1-14. Keeping the Sabbath is very important to God!

God's TWO MAIN POINTS are that we are to REST and WORSHIP God.

Talk to God right now and ask Him to give you some ideas about how YOU (and your family) can honor God by remembering the Sabbath and keeping it holy. Enjoy the Sabbath and be blessed!

WRITE or DRAW your ideas below: