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# GOD IS THE LORD OF THE SABBATH

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## SERIES: FREE

Join us throughout the month of May as we learn stories that show us that Jesus is our freedom. We will be going through the books of Matthew and Luke.

## REMEMBER VERSE

JOHN 17:3—Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.

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## SCHEDULE

### *All Services*

0:00—0:10	Welcome/Check-In
0:10—0:15	Transition to Large Group
0:15—0:30	Large Group (B Playground)
0:30—0:35	Transition to Small Group
0:35—1:05	Small Group (Lesson/Activity/Respond)
1:05—1:15	Dismiss

## NOTES

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# LEADER RESOURCES

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## SERIES OVERVIEW

CURRENT WEEK: God Is the Lord of the Sabbath

*Sabbath*

WEEK 2: Jesus Is Freedom

*Rich Fool*

WEEK 3: The Father Is Love

*Prodigal Son*

WEEK 4: Remember & Celebrate

*ZONK!*

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## EQUIP

There's a lot of misunderstanding when it comes to the Sabbath and what it means—and especially what it means for us today. In Matthew 12, Jesus declares Himself to be the Lord of the Sabbath, and in this chapter He clears away much of the confusion brought on by the Pharisees.

The question is this: Does the Sabbath still apply to us today? When believers see the Sabbath mentioned in the Ten Commandments, they often confuse this with the Mosaic law. They think that since the Mosaic law no longer serves as the terms of obedience for God's people for receiving God's blessing—because today we're under the new covenant—then perhaps the Sabbath no longer applies to us.

But in Mark 2, Jesus states that the Sabbath was made for man and not man for the Sabbath. Jesus doesn't say the Sabbath was made for the Jews. He says it was made for man. Jesus is pointing back to creation and not Mount Sinai when referring to the priority of the Sabbath. He is saying that this is a foundational principle for mankind, a principle God designed into creation itself.

God has set up a pattern of working and resting because that's how He designed us to operate. We function most effectively when we observe this pattern. Our bodies, minds, and souls need rest. We're also demonstrating faith when we obey this command. When we work more than we should, it's often because we're not trusting God to supply all we need if we take time off.

Faith and trust are what God values above all else. Honoring Sabbath rest replenishes the strength we need and also builds in us a more robust faith and trust in our God, the Lord of the Sabbath.

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## ENCOURAGE

It's easy to fall into the trap of appearing successful on the outside, following our own rules to please God, instead of seeking after what God really cares about: a heart focused on Him.

Take some time this week as you prepare to teach this lesson to tend to your own heart. Psalm 139:23-24 says, "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

Take a day or a portion of a day to rest, read this Scripture, and bring your heart before the Lord. As you read, know that God loves you more than you can comprehend and that you can trust Him with your heart. Talk to Him about what makes you anxious. Receive God's love and confess the ways you seek to receive counterfeit love when you are stressed or hurried. Ask Him to give you the complete peace that only comes from the Holy Spirit.

## WELCOME

*Some fun ideas to welcome kids as they check-in to your room at the beginning of service.*

Invite the kids to color on the provided coloring page or work on the provided activity page.

As kids arrive, feel free to ask them this week's Connect Question. Feel free to write the question on the board and encourage some fun dialogue before you start your lesson.

QUESTION: What is your favorite way to relax?

## RESPOND

*A chance for kids to respond to what God is putting on their hearts through creative expression.*

God is Lord of the Sabbath. When we choose to stop working and instead set aside time to remember and celebrate who God is, that's keeping the Sabbath. God is Lord of everything, He sees everything, and we can trust Him to give us rest.

INSTRUCTIONS: Hand each child an I Can Spend the Sabbath Template and the cut outs that go along with it. Instruct each child to think of their own answers and color in the hexagons. Then, have the kids cut out the shapes and glue them however they would like onto the main template page.

SUPPLIES:

- I Can Spend the Sabbath Template
- Hexagon Cut Outs
- Coloring Supplies
- Scissors
- Glue

## REFLECT

*A chance to reflect on what kids have just learned about The Big God Story.*

The religious leaders added many rules to the keeping of the Sabbath. Even if they did this because they thought the rules would be helpful, it still wasn't what God intended. God wants us to have hearts that desire Him, not just outward actions that simply obey the rules. God is the Lord of the Sabbath, and He sees everything, including why we do what we do.

- Why did God give His people a Sabbath day? What does this tell us about God? *Genesis 2:2-3*
- How did the religious leaders change the Sabbath day? *Matthew 12:1-2*
- Why were the religious leaders angry with Jesus when His disciples picked the grain on the Sabbath? *Matthew 12:2*
- Why didn't the religious leaders want Jesus to heal the man on the Sabbath? *Luke 13:14*
- What does it tell us about Jesus that He healed the man even though the law said not to do it on the Sabbath? *Matthew 15:1-9*
- What do you think it means that Jesus looks at our hearts? *Luke 6:43-45*
- Why do you think it's more important to God that we have hearts that follow after Him? *1 Samuel 16:7*

## BLESS

*A powerful way to bless the kids and parents by sending them off with a benediction.*

INSTRUCTIONS: Invite the parents into your room at the end of the service to say one last prayer together with the whole family. Instruct them to find their child and sit/stand by their side. Explain what their child learned today and read the verse below. Pray together and then dismiss.

MARK 12:33 – To love [God] with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices.

BLESSING: May you know the One who rules over everything. May your words and your heart honor the Lord of the Sabbath.

## NOTES

This script serves as an outline of what your storytelling might sound like. Items written in italics are cues for the storyteller and are not meant to be read out loud. You are fully encouraged to make it your own and add a personal touch.

The script serves as an example, however if you would like to teach based on the script and are in need of any supplies mentioned, we would be happy to supply those for you! Storytelling images mentioned will always be provided in your basket each week, but if you need any other supplies for your lesson, contact a Grove KIDS Staff member beforehand so we can supply it for you! You are also welcome to bring in your own props if you would like!

## RESOURCES PROVIDED

- Grain Image
- Synagogue Image
- Sheep Image

## STORYTELLING

Doesn't it feel so good to rest? You know, I think God knows how good it feels to rest because He created a whole day of rest. Does anyone know what it's called? *Invite responses.* That's right! The Sabbath. Think back to the very beginning of The Big God Story, when God created the world. How many days did God take to create everything? *Invite responses.* Exactly—six days. On the seventh day, what did God do? *Invite responses.* Yes, He rested! Did God rest because He was tired? *Invite responses.* Of course not. God never gets tired. God rested to show us what's best for us. And resting doesn't just mean taking a nap—what other things can we do to rest on the Sabbath? *Invite responses.* Great thoughts. We can have a barbecue with friends, play Frisbee in the park—all kinds of things.

God tells us in the Ten Commandments to remember the Sabbath and to keep it holy. What does it mean to keep the Sabbath holy? *Invite responses.* Good thinking. To keep the day holy means we remember that it's a day to be set aside to be different from every other day in the week. When we remember the Sabbath, we're remembering God and following His example. God is the Lord of the Sabbath. Before we discover more, let's pause and ask God to teach us today. *Lead kids in a Prayer of Release to pause, be still, and ask the Holy Spirit to quiet their hearts and minds.*

One of God's laws to His people, the Israelites, commanded them not to do any kind of work on a Sabbath day. But religious leaders in Jesus' day had their own opinions about what was work and what wasn't. These leaders thought way too hard about what work really meant. They made more and more rules about what God's people could and could not do on a Sabbath day. The religious leaders' man-made rules became so complicated that the people found it hard to follow them. But that wasn't what God designed. God is the Lord of the Sabbath. He looks at the heart, not just how we look on the outside.

Let's take a look at a Sabbath day in Galilee many, many years ago. *Invite kids to open their Bibles to Matthew 12:1 and follow along as you read. Grain image.* To eat the heads of grain, the disciples plucked a bit of grain and rubbed it in their hands before eating it. Let's do this together. *Prompt kids to pretend to pluck and rub grain in hands.* The disciples were breaking a rule! *Read v. 2 or ask a volunteer to read it.* You see, the religious leaders thought that picking the grain was like harvesting it,

which was considered work. This broke a Sabbath law. The religious leaders were angry with Jesus for allowing His disciples to break this law.

Jesus reminded them of a story from the life of King David. At this time in David's life, he was running away to hide from King Saul. *Read vv. 3-4 as kids follow along.* It was against the law to take the bread in the temple. But the priests in the temple knew David's need for the food was more important than their version of the law. Jesus reminded the religious leaders that what matters most to God is His people. God is the Lord of the Sabbath. He is in charge, and He cared more about what was in their hearts than how many man-made rules they followed.

After that, Jesus went into the synagogue to worship. *Synagogue Image.* Inside there was a man with a shriveled hand. Religious leaders in the synagogue were watching Jesus very closely. They knew Jesus healed people. Would He choose to keep the man-made law or choose to love? *Invite responses. Ask a couple of volunteers to take turns reading vv. 10b-12. Sheep image.* What do you think? Would you have left the sheep in the pit? *Invite responses.* Through the example of the sheep, Jesus taught that because the religious leaders were so strict about following their Sabbath rules and looking good on the outside, they had a hard time showing compassion for someone who needed healing. They totally missed the point that God is Lord of the Sabbath and that He looks at the heart, which is the point of the rules in the first place.

The Bible says it hurt Jesus' heart that the religious leaders were so uncompassionate to those in need. *Read v. 13.* To Jesus, the man with the shriveled hand was more important than following a man-made law.

God cares about us and our hearts. He is in charge of all things, and He knows that we aren't perfect, but He loves us anyway. Following Him and worshipping Him means we trust Him to care for us. It means we take a Sabbath that shows that we trust God and worship Him as Lord.