



MY BIBLE LESSONS

GOD GIVES A VERY SPECIAL GIFT

The seventh day is the Sabbath. Since God made it holy, it is special. God wants to spend the whole day with us, so we are careful to get ready for it during the week.

SUNDAY

God had finished creating our world. For six days He had been making many lovely things. On each day He had made something different. Can you remember what He made on each day?

As Adam and Eve walked through their garden home and looked at all the lovely things God had made, they were very happy. They didn't need shoes; and the soft carpet of green grass under their bare feet felt so good.

Delicious food grew on bushes and trees. They could eat apples, mangoes, oranges, peaches, and dozens of other kinds of fruit. It would take them a long time to try every kind.

Big bright parrots played in the tall trees, singing loud, happy songs as they flew from branch to branch. Tiny hummingbirds drank sweet nectar from long red trumpet flowers. Fuzzy gray squirrels scurried up and down the long brown trunks of the evergreen trees. Busy striped chipmunks raced around looking for food among the plants on the ground.

As Adam and Eve walked near a lake they could see right through the water because it was so clean and clear. They could see beautiful silver fish swimming around and turtles floating near the surface. They probably wiggled their toes in the clean white sand by



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the water.

Not far away were huge animals—elephants, hipopotamuses, rhinoceroses, and giraffes. All of them were tame and friendly, so Adam and Eve weren't afraid of them. God had made them that way. They could even pet the soft fur of the lions and tigers. What a wonderful place to live!

MONDAY

It had been a perfect week. God looked at everything He had made and saw that it was very good.

Finally the sun began to set on that first Friday

evening. Can you imagine how much Adam and Eve must have enjoyed watching their first sunset? How happy they must have been to see the shining moon and watch the twinkling stars and hear the night birds start to sing!

God must have smiled as He watched them and saw how happy they were. He knew how much they would enjoy seeing the beautiful way each day begins and ends.

When does a day begin? **Genesis 1:5, last part.** When the sun sets, we can know that one day ends and the next begins. How many days are there in a week? Seven. So as the sun set that Friday, the sixth day was ending and the seventh day was beginning.

That seventh day is called “Sabbath.” The Sabbath day would always begin on Friday evening at sunset, and it would always end on Sabbath evening at sunset. That’s easy to remember, isn’t it?

TUESDAY

Adam and Eve must have been excited that there would be another day in the week, and that it would be the best day of all. What did God do on the seventh day? The Bible tells us. **Genesis 2:2, 3.**

God rested? Did He rest because He was tired? No. God is never tired. He rested because He had finished His work. Instead of making more things, He blessed the seventh day and made it holy. It will always be a special day that He will spend with His people.

Let’s think what that first Sabbath must have been like. Everything was so new and fresh and beautiful in our world. Adam and Eve could look at all the beautiful things God had made. They could sing lovely songs of praise to God with the holy angels who came to visit. And best of all, they could talk with God face to face. How wonderful!

Maybe they walked together with God and asked Him questions about the things He had made. Maybe they listened to the angels tell about their home in heaven. Maybe they ate fruit from the Tree of Life and drank water from one of the pure streams.

Every seventh day would be another special Sabbath day to spend with God. Adam and Eve must have looked forward to that day all week long.



WEDNESDAY

Everything God had created was to help people be happy, and Sabbath was the best gift of all. For whom did God make the Sabbath? **Mark 2:27.**

The Bible tells us that God blessed and sanctified the seventh day. That means He made it different from all the other six days of the week. He knew that people would get too busy with their every-day work and play. They would need time to remember God and think about Him.

The Sabbath is a special day to help people to remember that God created the world. He had made it and everything in it in six days and rested on the seventh day. People who keep the Sabbath

holy never forget that. **Exodus 20:11.**

The Sabbath also helps people remember that we worship God because He created our world. We call Him the Creator. Only God can create things and give them life. Because He created everything, we worship Him.

(See Revelation 4:11.) On that day, we thank God for everything He has done for us.

Isn’t God wise to know exactly what we need? Isn’t He good to give us a whole day each week to remember Him as our Creator?



THURSDAY

God rested on the seventh day. He had finished everything He had planned to make, so He stopped His work of creating new things. God wants us to follow His example, and we want to obey Him. So we need to finish our work before the Sabbath begins. Then we can rest like He did.

We get ready for Sabbath by remembering it all week. What kinds of work can we do during the week to get ready for Sabbath? We can cook extra food so we won’t need to cook on Sabbath. We can be sure our best clothes are clean and ready to wear. We can clean the house, wash the car, and fold the laundry. We can go shopping and mow the lawn.

The Bible gives Friday a special name. What is it? **Luke 23:54.** It is a special day to get ready for the

Sabbath. We put away our regular books and toys, and take our baths early. We want to be ready to welcome the Sabbath.

Before the Sabbath begins at sunset on Friday, we should stop all our work. Then we can welcome the Sabbath together as a family. It's nice to enter the Sabbath every week singing favorite songs, reading some interesting Bible stories, and praying to thank God for making us and our world. We also like to say the Sabbath commandment together. We can take turns telling something we are thankful for, and we can review our Sabbath school lesson and memory verse. That is a good way to welcome the Sabbath and show that we love God and remember Him.

FRIDAY

What can we do on Sabbath to help us remember that it is a special day to spend with God?

First, we welcome the Sabbath during family worship on Friday evening. Then we go to bed early. We want to be able to get up early, eat breakfast, and be dressed on time to leave for Sabbath school without rushing and getting impatient with each other.

Then we go to Sabbath school and church, where we worship God by singing, praying, and listening to the Bible story and sermon. Then we go home and have a special lunch.

But what can we do on Sabbath afternoon? The Bible gives us the answer. **Matthew 12:12, last part.**

Let's think about people who may need to have good things done for them on Sabbath. Some people can't come to church because they are too old or too sick. We can do good by visiting them. We can cheer them up by singing for them, reading some Bible verses, and giving them flowers. Other people want to learn more about God, and we can share our Bible lessons with them.

On Sabbath, God also likes for us to learn about the things He has made. We can walk in a field or forest or a park and look at trees, flowers, animals, birds, fish, and bugs. Sabbath helps us remember to thank our loving God for making those things for us to enjoy.



Sabbath really is a wonderful gift, isn't it? It can be such a happy day—the best day of the whole week.

♥ MEMORY VERSE

“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God.” Exodus 20:8–10

I studied my lesson and practiced my memory verse today.

S M T W T F S

✋ MY PRAYER

Dear God, thank You for making the happy Sabbath day. Thank You for wanting to spend a whole day with me every week. Please help me to be ready for the Sabbath before it begins every week. I love You. In Jesus' name, amen.

💭 THINK TIME

- What day of the week is the Sabbath?
- When does the Sabbath begin?
- Who made the Sabbath?
- What did God do on the Sabbath?
- How can you be ready for Sabbath to begin at sunset on Friday?
- What can our family do on Sabbath afternoon to make Sabbath a happy day for ourselves and others?
- What does the Sabbath day help us remember every week?

🔍 FURTHER STUDY

Genesis 2:1–3; Exodus 20:8–11
Isaiah 58:13, 14; 66:22, 23
Patriarchs and Prophets, pp. 47, 48; 111–116
The Bible Story, vol. 1, pp. 57–60



BOODLE AND HER FRIEND BEEDY

Part 5. By Amy Sherrard



Boodle lived with the Sherrard family who were missionaries in Singapore and the Philippines.

When the missionary family that owned Beedy went on a long vacation, they couldn't take Beedy with them. Their helper loved Beedy, and the family knew that she would take very good care of their dog. They knew Boodle would still play with her, too.

But one day while they were still away on that vacation, Beedy didn't want to play. She didn't want to eat, either. Of course the helper was very worried. She didn't know what to do; so she told the other missionaries, and they were worried, too. Even the doctor missionaries looked at Beedy and shook their heads. No one knew why she was sick.

Boodle was worried, too. She stayed right beside Beedy as much as she could. All the children on the compound were worried when she wouldn't even drink any water. No one wanted little Beedy to die. But no one knew what to do to help her. Even Boodle was sad. She would whine quietly and gently touch Beedy with her paw. But Beedy wouldn't even move, and barely opened those shiny black eyes.

The missionaries were all praying about Beedy. But one of the missionary children got all the other children on the compound together. "Why don't we all hold hands in a circle around Beedy," she told them. "We can each pray to Jesus out loud, and ask Him to please make Beedy well again."

The children all thought that would be a wonderful idea, and they all went to where Beedy was lying. Poor Beedy was hardly breathing. The Chinese helper watched the children as they held hands in a circle around Beedy. Boodle was there, too. Then the children all closed their eyes; and one by one, each of them prayed that Jesus would make Beedy well again.

When they finished praying, they opened their eyes and looked down at

Beedy. They could hardly believe what they saw happening. Beedy opened those little black eyes, raised her shaggy head, looked around at all the children and at Boodle, and then got up and took a long drink of water.

"Jesus has healed Beedy! Jesus has healed Beedy!" the children shouted. They clapped their hands and rushed home to tell their parents. The helper was crying because she was so happy. Boodle's tail was wagging as she watched her little friend eating the good food that the helper brought.

That night every family on the compound thanked Jesus for doing such a wonderful miracle for little Beedy.

When Beedy's family got back from their vacation and learned about what had happened to their precious pet, they thanked everyone—especially the children—for caring so much about their little dog.

And you can be sure that their Chinese helper never forgot that day and the amazing power of the God the missionaries worshiped. She probably told her friends about it. Do you think that might be one reason God let Beedy get sick?



Additional resources: nature lessons, activities, music, Bible lessons, Scripture memory, and more.

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