

6. The Sabbath for Everyone

The Sabbath is the only day that God named. He only called the other six days “first day,” “second day,” “third day,” and so on. Did you know that in over 50 languages, the seventh day of the week is still called “Sabbath?”

Some people say that God gave the Sabbath only to the Israelites or Jews. But Jesus said, **“The Sabbath was made for man” (Mark 2:27)**. And He told the Jews that the Sabbath was for people of other nations, too. **Isaiah 56:6, 7**. Aren’t you glad that God wants everyone in the whole world to enjoy the Sabbath blessings?



Afrikaans..... Sabbat
 English..... Sabbath
 Finnish..... Sapatti
 French..... Sabbat
 Italian..... Sabato
 Malay..... Sabat
 Portuguese ... Sábado
 Romanian..... Sabat

Russian..... Subbota
 Somali..... Sabtida
 Spanish..... Sábado
 Swahili..... Sabato
 Ukrainian..... Subota
 Uzbek..... Shabbat
 Vietnamese ... Ngày Sa-bát
 Zulu..... iSabatha

7. Getting Ready for Sabbath

Have you ever been excited because someone you haven’t seen for a long time was coming to visit you? If so, you probably made sure everything was ready before they came so you could spend lots of time with them. That’s why God gave us six days to finish all our work before our special time with Him on Sabbath. **Exodus 20:9**.

There are many things that keep us busy during the week. What activities in the pictures below keep your family busy all week?

Friday is what we call the day just before Sabbath. But did you know the Bible calls it **“Preparation Day” (Luke 23:54)?** It is the last work day to finish getting ready for the Sabbath. On Friday we put away our regular books and toys. We take our baths early, so we are clean and ready to welcome the Sabbath.

We want our work to be done. Then everyone can welcome the Sabbath together as the sun sets on Friday.

How do you get ready for the Sabbath?

“Six days you shall labor and do all your work.”



Cleaning



Building



Shopping



Cooking



Playing



Practicing



Laundry



Gardening

9. Jesus and the Sabbath

By the time Jesus came to live in our world, the religious leaders of His people had added many extra rules about how to keep the Sabbath. God hadn't given those rules. In fact, those extra rules made God seem harsh and demanding.

Jesus kept the Sabbath the way the fourth commandment says, and did not obey those added rules. Jesus helped people on the Sabbath to show what God is really like,



and that the Sabbath was made to be a delight. God made the Sabbath. He said that He **“is Lord of the Sabbath” (Matthew 12:8)**. It is His day, and He showed us how to keep it holy.

What did Jesus do every Sabbath? The Bible tells us, **“As His custom was, He went into the synagogue on the Sabbath day, and stood up to read” (Luke 4:16)**. Today we would say, “He went to church.”



One Sabbath as Jesus taught in church, He saw a man whose hand was so crippled he could not use it. Jesus told him to stretch out his hand. When the man obeyed, his hand was healed. How happy he was! **Luke 6:6–11**.



Another Sabbath Jesus was walking where there were many sick people. One man was suffering more than anyone else, and was about to die. In a kind voice Jesus asked, **“Do you want to be made well?”** Then He told the man to get up. Right away the man obeyed and

got up. He was healed! **John 5:1–15**.

After worshipping at the synagogue one Sabbath, Jesus



and His hungry disciples were passing through a field of grain. The disciples picked some of the ripe grain and rubbed the husks off so they could eat the kernels as they walked along. The angry leaders said they were harvesting grain, but Jesus did not stop His disciples. The Sabbath was to be a blessing, not a burden; and it was right for them to eat the grain so they wouldn't be hungry. **Deuteronomy 23:25. Matthew 12:1–8.**



When Jesus came out of the temple another Sabbath, He saw a man who had been blind all his life. Jesus felt sorry for him; and after putting clay on the man's eyes, He told him to go wash in a certain pool. When the man obeyed, his eyes were healed, and he could see. **John 9:1–7.**



Jesus was preaching in the synagogue on a Sabbath and saw a poor woman who for eighteen years had been so bent over that she couldn't stand up straight. Jesus didn't want her to suffer even one more day, so He laid His hands on her, and right away she stood up straight and praised God. **Luke 13:10–17.**

Jesus wanted people to know that Sabbath is a day to bring happiness to others. If someone is cold or hungry or sick, we should help them any day of the week.



When Jesus died, He kept the Sabbath holy by resting in the grave. He waited until Sunday morning to rise from the dead and begin the next part of His work of saving us from Satan. **Luke 23:53–24:6.**

Do you want to please Jesus by keeping His special Sabbath day holy?