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 **Exodus 20:8-11; Genesis 2:1-3**

**Leader Devo**

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**Teachers Dig In**

**Dig In to the Bible**

- Read: Exodus 20:8-11; Genesis 2:1-3
- In This Passage: God says to observe a Sabbath day and keep it holy. A Sabbath is one day each week that we set aside to rest, recharge, and focus on God. This commandment was so important to God that he set an example by resting on the seventh day of Creation.
- Bible Point: We have a special day for God.
- Summary Verse: “Jesus replied, ‘You must love the Lord your God with all your heart, all your soul, and all your mind’ ” (Matthew 22:37).

**Dig Deeper**

- You’ll Be Teaching: *We have a special day for God.* The idea of Sabbath is one that isn’t talked about or done very much in our culture—even among Christians. And yet, in this age where we may be busier than ever, we need a time to rest and recharge more than ever! Show kids that God gave us this commandment as a gift, knowing that a Sabbath day each week renews us for all the tasks that lie ahead.
- Think About: Do you have a Sabbath day each week? If so, what do you like about it? If not, what are your obstacles?

**Dig In to Prayer**

- Ask God to give you and your kids a spirit of rest and renewal in him.

**Quick Tip**

- It’s natural in children’s ministry to feel like you have to keep up with the frenetic pace of entertainment kids experience. But what kids need today more than ever is rest and relationship. Don’t be afraid to have some low-key moments in the midst of your ministry, to just be still and connect with God and each other.