



LOW-ENERGY GAME

Don't Drop the Ball

[10 min]

Supplies

- variety of objects like small balls or paper wads that can be easily tossed (at least 1 per child)
- upbeat music (optional)
- music player (optional)

Pass Objects in a Pattern

Say: Sometimes our weeks can be really full of a lot of things to juggle. Let's play a game where we'll try to keep objects moving in the air without dropping them.

- Form groups of six to eight kids. Have each group stand in a circle with kids facing one another.
- Give one child in each group an object. Explain that the child will throw the object to someone else in the circle. That person will then throw it to someone else who hasn't received the object yet.
- Continue until everyone has had a chance to receive and throw the object.
- Repeat, challenging kids to throw in the exact same pattern as before. This time, add more objects to the mix. If someone drops an object, the whole group must start over. Continue until there are too many objects for kids to be successful.
- If you'd like, play upbeat music during the game.

Talk About It

Ask: • How was trying to keep objects in the air like trying to keep up with busy schedules?

Say: In our game, the objects just kept coming! Sometimes our lives are like that, too. We can't keep up with all the to-dos, and we feel like we need a break.

Ask: • How could a day of rest help our busy lives?

Say: Taking time to rest helps give us the clear mind and energy we need to face a busy week. That's why we have a special day for God where we pause our busyness so we can rest and spend time with him.



TALK-ABOUT VIDEO

Busy, Busy, Busy

[10 min]

Supplies

- “Busy, Busy, Busy” teaching video

Discuss and Watch “Busy, Busy, Busy”

Say: **Our weeks can get busy! That’s why it’s important that we have a special day for God.**

Ask: • **How does your family keep track of everything that’s going on?**

This could be a calendar, whiteboard, app, or something else.

Say: **Let’s take a look at a busy family and see what their week looks like.**

Watch “Busy, Busy, Busy.”

Ask: • **Which day of the week seemed like the best day to you in this video?**

- **What’s the busiest day of the week for your family?**
- **What’s your favorite thing to with your family?**

Say: **This family knew that we have a special day for God. Every Sunday, they paused their busy schedule and spent time together and with God. It seemed like they had a lot more fun being together on Sunday! That’s how great it can be when we have a special day for God.**



DEEPER BIBLE What About Playing Sports on Sundays?

[15 min]

Supplies

- Bibles
- foam ball
- clean trash can
- soccer ball
- 4 chairs
- pool noodles (1 per child)
- paper wads (1 per child)
- "The Joy of Sabbath" handout (1 per child)
- pencils

Tip

- Although this question specifically mentions playing sports, don't feel limited to that topic. We chose that specific commitment because it's the most common one kids have that conflicts with church, but other kids might share about play rehearsal, music lessons, Saturday night sleepovers, and so on. Let kids connect to this question in a way that is most relevant to them.

Set It Up

Say: **We've been learning that we have a special day for God where we set aside time to go to church and do things that help us focus on God.**

But sometimes we have sports games or other things come up on Sundays, and we don't make it to church.

Ask: • **Tell about something that has caused a conflict and you had to choose between doing that or going to church.** Share your own example first.

Say: **So is it bad to choose another activity over going to church on Sunday? What about playing sports on Sunday? Let's dig in to that.**

Dig Deeper

Say: **First let's check the commandment again. As I read it, listen for the words *Sunday* and *church*.**

Ask: • **What does this commandment specifically say about Sundays or going to church?**

Say: **God never said that the Sabbath has to be Sunday. In fact, the Israelites who originally got this commandment observed the Sabbath on *Saturday*. Today most people think of God's day as Sunday because that's the day Jesus came back to life, but others continue to observe Sabbath on Saturday.**

So you can pick any day of the week that works best for you to be your Sabbath day. But most of the time, church meets on Sunday. How important is it to go to church? Let's see what else the Bible says.

Read Hebrews 10:25.

Ask: • **Why is going to church important?**

Say: **God says not to neglect meeting together with other Christians, because we need to encourage each other.** Let kids know about any non-Sunday options your church has for kids to attend, such as a Saturday night service or a midweek program.

Say: **So it's important to go to church. But sometimes we have to make a choice: soccer game or church? Here's a verse that can help you think through that choice.**

Read 1 John 5:21.

Ask: • **How would you know if a sport or other activity has taken God's place in your heart?**

Say: **Let's think about this for a minute. Think of something you spend a lot of time doing that might interfere with going to church or spending time with God. We'll take one quiet minute to ask God to show you whether that activity has taken God's place in your heart.** Pause for reflection and prayer.

Play a Game

Say: **Here's the bottom line: The Sabbath is important. Church is important. And God should be first in our hearts. My Sabbath might not look like your Sabbath, but we *all* need time to rest and refocus on God. Let's play a game that shows us why that is.**

Set a clean trash can in the center of the room, and set up soccer goals by arranging two chairs on each side of the room. Get out the soccer ball and foam ball, and give each child a paper wad and a pool noodle.

Say: **This game is a combination of running, soccer, basketball, baseball, and church. Your goal is to run laps around the room while also trying to make goals with the soccer ball and score baskets with the foam ball in the trash can. Meanwhile, I'll be pitching you paper wad baseballs, which you'll try to hit with your pool noodle bats. And I'll also be leading you in reciting John 3:16.**

Begin the game, encouraging kids to keep all four sports going while reciting John 3:16 repeatedly with you: "For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life." (Note: We chose John 3:16 because it's the most likely verse for your kids to already know. However, if you have a lot of kids who don't know it, try having them repeat today's Bible point instead: We have a special day for God.)

Play for about three minutes, and then sit down with kids.

Ask: • **How did you feel trying to do all those activities at once?**
• **If you had to pick just *one* of those things to do, which would you pick? Why?**

Say: **None of the things we just did are bad to do. Playing basketball is fine! But sometimes we just can't do it all. We have to make choices about how to spend our time. God gives us a Sabbath day every week so we can recharge and find our strength in him. The Sabbath day is an amazing gift to us and a great way to spend time.**

Let's check out a Bible passage that explains the Sabbath.

Give each child a "Joy of Sabbath" handout and a pencil. Ask a child to read the verse aloud.

Say: **Now read the verse again, just to yourself. Circle the part that jumps out to you the most. Then draw a picture or write a prayer that shows your response to these verses.** Pause for kids to draw and write.

Pray: **God, thank you for the delight we can find when we have a special day for you. Thank you for that gift! In Jesus' name, amen.**

Say: **So I have one last thing for you to think about. Given everything we've discussed...what's *your* answer to the question? Are you making other**

things more important than having a Sabbath? What does God want you to change or keep the same? Pause for kids to reflect, and then invite willing kids to share what they think about the question.



LIFE APPLICATION WRAP-UP

Rest and Listen

[5 min]

Listen

- Have kids spread out and find a quiet place to listen to God.
- Kids can lie down or sit, whatever makes them feel most relaxed.
- Have kids ask God to tell them what day could be their Sabbath day and how they can spend it.
- Have kids listen for God to answer their questions.
- After the prayer, have kids share anything God spoke to them.
- Encourage kids who didn't hear from God to keep listening because God wants to speak to them.

Wrap Up

Pray: **God, thank you for giving us a day to rest and focus on you! Help us not let anything get in the way of spending a special day with you. In Jesus' name, amen.**

Thank kids for coming, and encourage them to come back next week.



ACTIVITY PAGES WITH A POINT

Busy, Busy, Busy

[10 min]

Supplies

- “God's Commandments: The Sabbath” Coloring Page
- pencils
- crayons
- animal stickers (optional)

Older Kids: Do an Activity Page

Say: **We're learning that we have a special day for God. God even showed us an example when *he* took a special day to rest after he finished creating the world. But sometimes our lives get filled with too much busyness and extra stuff! Let's try to cut out the extra stuff in this puzzle.**

Distribute the activity pages and pencils. Kids will cross out the Q's to read the remaining message.

Ask: • **You crossed out the extra letters that didn't need to be there.**

What are some extra things you could remove from your life one day a week so you can focus on God?

• **It was easy to cross things out on our page. Why is it hard to take out extra things in our day to make time for God?**

Say: **We have a special day for God. That means we rest, we honor him, and we make that day special and different from just another busy day. We cut out the extras so we can focus on God.**

ANSWER KEY: The seventh day is a Sabbath day of rest dedicated to the Lord your God.

Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: **One of God's commandments is that we have a special day for God. God even set an example when he made the world and then took a day to rest. Let's color creation and then rest, too.**

Allow time for kids to color. They can also add animal stickers if you have them. After kids color, have them put their crayons down and rest for a little bit.

When kids finish coloring, three-hole-punch their pages and put them into binders, if desired.