

Carlos Has the Lumpies

It was Sunday morning and Carlos was still in bed. “I’m not going to Sunday school today, Mom,” Carlos said. “I’ve got the lumpies.”

Mrs. Gonzales laughed. “The lumpies?”

Carlos didn’t laugh. He said, “Sometimes Grandpa gets the lumpies.”

Mrs. Gonzales sat on the bed. “When Grandpa says he has the lumpies, he means his bones feel stiff and sore. It’s hard for him to sit on the chairs at church. Do your bones feel stiff and sore, Carlos?”

“No-o-o,” said Carlos, “but I still don’t want to go to Sunday school.”

His mother said, “I think what you really have is a case of the early morning crabbies. Why don’t you think about it while I get breakfast ready.”

Carlos thought about missing Sunday school. He’d miss seeing his friends and favorite teacher. He’d miss the Bible story, the singing, and the project the class was working on.

Carlos jumped out of bed and ran downstairs. “You’re right, Mom,” he said. “I don’t have the lumpies—and the crabbies are gone, too!”

Talk-a-Bit

- Why did Carlos decide to go to Sunday school?
- What do you like best about Sunday?



What I learned about God this week: God gives us a special day to remember Him.

Keeping God's Day Holy

Bible story from Exodus 20:8-11; Matthew 12:9-15

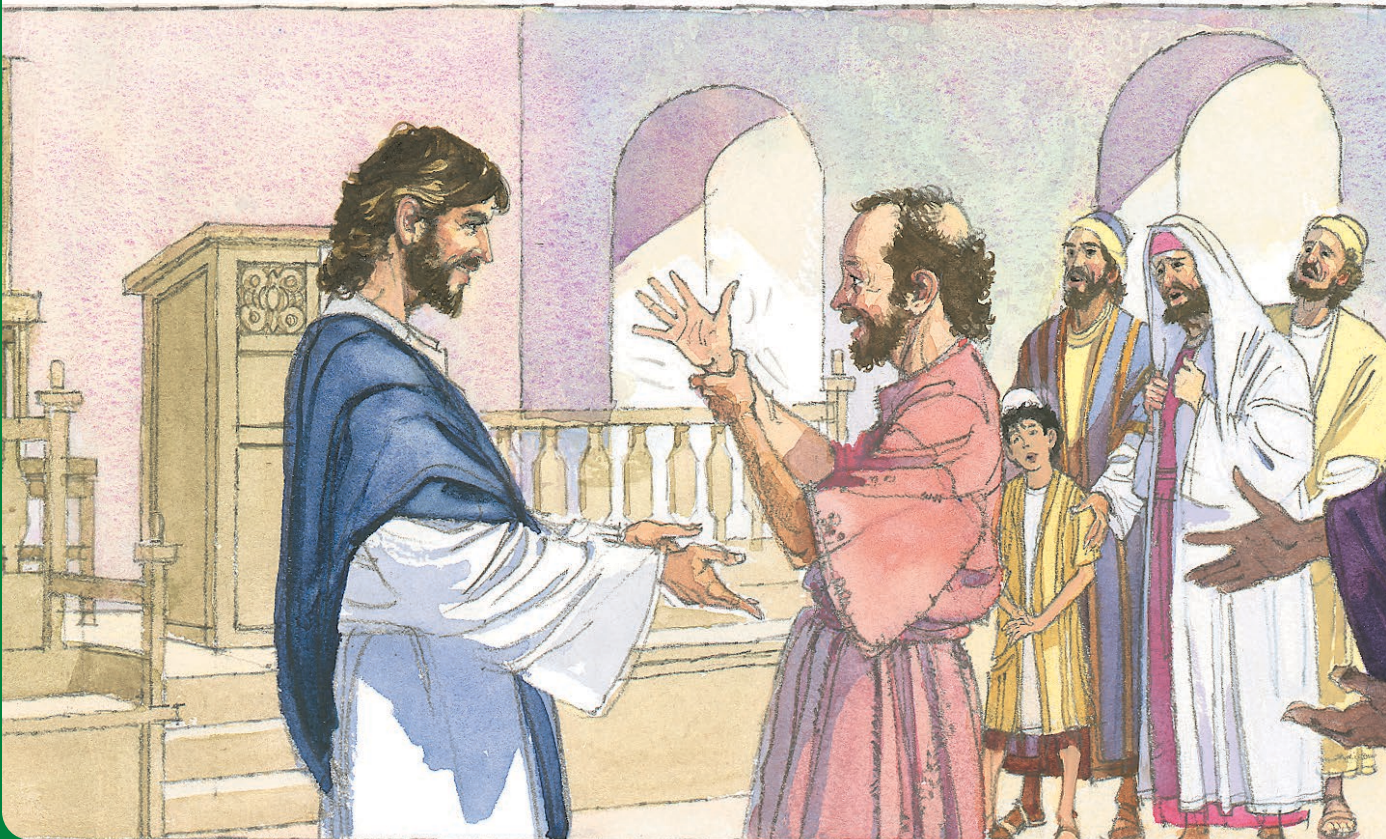
It was the Sabbath day. God's commandment said the Sabbath should be a holy day to worship Him. Jesus wanted to worship God. He was going to a place called a synagogue (SIN-uh-gog). This was where God's people went on the Sabbath day to worship and learn about God.

The rulers of the synagogue did not like Jesus. "Let's see if Jesus breaks any of our rules for the Sabbath. Then we can get Him in trouble," said one ruler to the others.

Another ruler pointed to a crippled hand. "Maybe we can heal that man's hand. That's against the law. It's not allowed on the Sabbath."

The rulers went to Jesus to see if He would heal someone on the Sabbath. "Is it lawful to do good or to do evil? To save life or to kill?"

Jesus answered, "If you say that a person is not to do good or to save life on the Sabbath, why does the Lord say, 'I want you to be holy'?"



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Jesus will heal that
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Sabbath day? Isn't that

our sheep fell into a
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So it is right to do good on the Sabbath."

Jesus said to the poor man with the crippled
hand, "Put your hand out."

The man put his hand out. He could move his
fingers and wave his hand. Jesus had healed
him!

Jesus knew the right way to remember the
Sabbath day. He worshiped God. And He helped
other people.



This Week's Bible Memory Verse:

"Remember the Sabbath day by keeping it
holy." Exodus 20:8

What things can you do to make Sunday holy?

Look at the pictures and fill in the words on the puzzle.



Answers: (Across) 2. church; 3. family; 4. Bible; 5. nap; (Down) 1. pray; 3. friends.

Across

2. Go to _____.

3. Be with your _____.

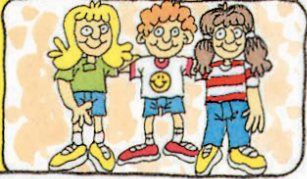
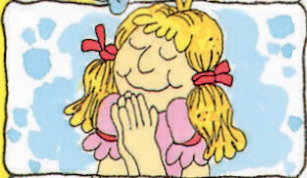
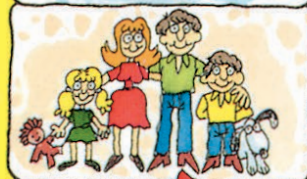
4. Read your _____.

5. Take a _____.

Down

1. Take time to _____.

3. Visit your _____.



Family Faith Fun

Lesson Focus:

God gives us a special day to remember Him.

Honor God List

■ As a family, brainstorm a list of ways to remember and honor God on Sundays. Turn the list into a poster that you can hang up each Sunday as a reminder.

Memory Verse Activity

■ Have your child practice this week's memory verse by writing it on every calendar in your home at least one time.

"Remember the Sabbath day by keeping it holy."

Exodus 20:8