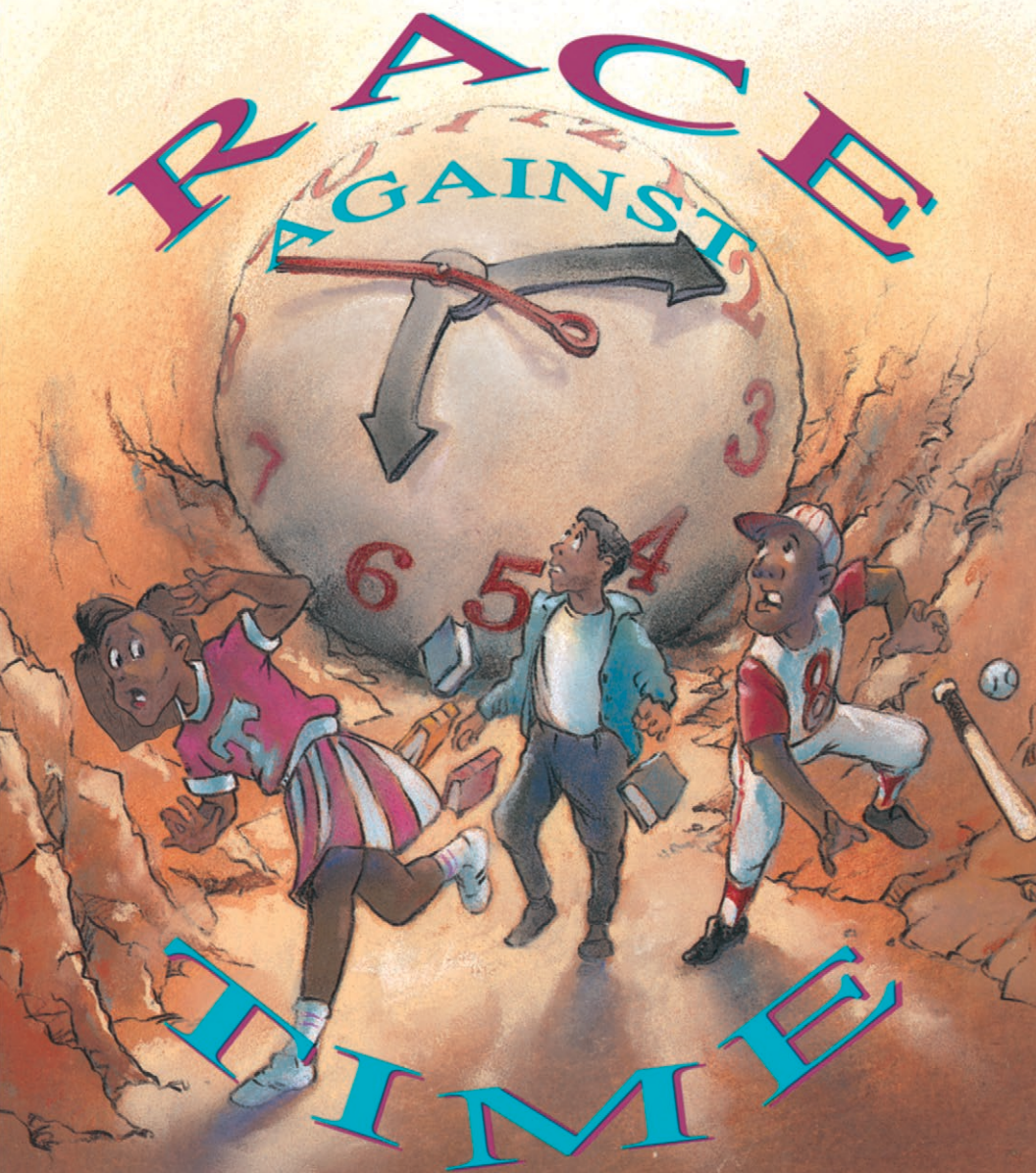


# the rock



# RACE

***Jamal's whole week is a race against time. But no matter how fast he goes, he gets further behind. Sometimes it seems as if life is moving in fifth gear while he's only in first. By the end of the week, Larry is almost burned out. He needs help. He needs . . . a day of rest.***



**D**o you ever feel like Jamal, with days packed from sunup to practically midnight? First, there's a quick breakfast and the race to the community center. Then there's basketball practice, track, cheerleading, or play practice. By the time it's pick-up time, you've had it. It's home for a

quick bite and maybe you get to see the rest of the family. After supper, everyone's off for this meeting or that, with the family going every which way. In the evening, you *might* have time to catch your favorite TV show, but then it's time finally for bed!

# AGAINST TIME



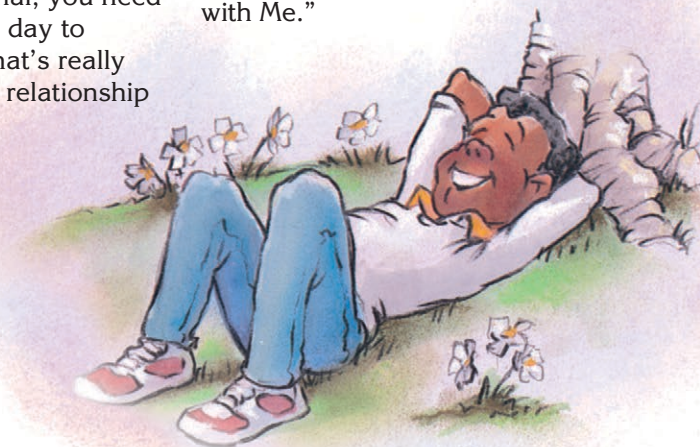




**T**hat's why God created the Sabbath—to give His

people a chance to step out of the race and rest. It's as if God is saying, "Stop that frantic running and just enjoy being with Me!" Or, "You don't need to be lonely and bored. Don't you know how much I love you? Spend some time with Me."

**O**r maybe you're not that involved. Maybe you don't really have anything to do, so you spend most of your time watching TV or hanging out at the local mall. Either way, by the weekend you're going to be either burned out or bored out of your mind. Like Jamal, you need a day of rest, a special day to help you remember what's really important in life—your relationship with God.



**S**o this week, take a day off. Your other activities can wait. They'll still be there Monday, but today, God wants your company!





# DAYS ▼ DAYS ▼ DAYS ▼ DAYS ▼ DA

**W**hat's your favorite day of the year—your birthday? Christmas? Valentine's Day? Fourth of July? The last day of school?

Whatever it is, you look forward to it weeks ahead of time. When it arrives, you celebrate it in a way that makes it different from all other days that year. When it's over, you remember it and probably miss it, but you know the day will come again next year.

God wanted His people to have special days too, but not just once a year—once a week! Those special days are called **Sabbaths**.

Today we study the fourth commandment (some churches treat this command as the third one). As you read, keep in mind that the word "**Sabbath**" comes from a word meaning "rest" or "time out from work." The word "**holy**" means "dedicated to a special purpose."

**1. Read Exodus 20:8-11.** How were God's people supposed to act differently on the Sabbath?

**2.** Why were they supposed to act differently on the Sabbath?

**3.** How do you think the Sabbath helped the people?

**4.** Christians aren't commanded in the New Testament to celebrate the Sabbath. But we do have something to celebrate and remember. **Read Mark 16:2-6.** Why do most Christians call Sunday the Lord's Day?





# Bible Study

YS ▼ DAYS ▼ DAYS ▼ DAYS ▼ DAYS

**5.** In Acts 20:7 we see an example of the early Christians coming together on Sunday. What did they do?

Just as the Jews set apart Saturday as a day devoted to the worship of God, early Christians set apart Sunday for worship and celebration of the Resurrection.

## TODAY'S SCRIPTURE

### Exodus 20:8-11

<sup>8</sup>"Remember the Sabbath day by keeping it holy. <sup>9</sup>Six days you shall labor and do all your work, <sup>10</sup>but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. <sup>11</sup>For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy."

### Mark 16:2-6

<sup>2</sup>Very early on the first day of the week, just after sunrise, they were on their way to the tomb <sup>3</sup>and they asked each other, "Who will roll the stone away from the entrance of the tomb?"

<sup>4</sup>But when they looked up, they saw that the stone, which was very large, had been rolled away. <sup>5</sup>As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed.

<sup>6</sup>"Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him."

### Acts 20:7

On the first day of the week we came together to break bread. Paul spoke to the people and, because he intended to leave the next day, kept on talking until midnight.











breakers!

every  
day  
devos

***Do you enjoy holidays? What if you could have one every week? You can—in fact, you should. God calls it the Sabbath day.***

REMEMBER

THIS DAY

REMEMBER THE Sabbath  
day by keeping it holy.  
—Exodus 20:8

**MONDAY** Read and think about Psalm 5:3. Do something, like sticking this page on your mirror, to remind you to take time out with God every day this week.

**TUESDAY** Read Exodus 20:8 again. Plan a simple but meaningful Sabbath observance or ceremony for your family for this weekend.

**WEDNESDAY** Are you getting enough rest? Read Exodus 31:12-15. The word “Sabbath” means rest. Plan your day so that you get your work done and still get a good night’s sleep.

**THURSDAY** How often do you take the time just to think? Take 10 minutes and think about God as described in Isaiah 40:21-31.

**FRIDAY** God told us to remember the Sabbath by keeping it separate and different from the other days of the week. Plan ways to keep your Sabbath special this weekend.

**SATURDAY** Read Psalm 122:1. Are you happy to go to church? Prepare yourself spiritually by getting a good night’s sleep and spending extra time with God today.

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