

ELEMENTARY FAMILY GUIDE

GOD IS THE LORD OF THE SABBATH!

APRIL 25, 2021



1

WATCH

"God is the Lord of the Sabbath!"
Go to purposechurch.com/kids to find the video.



2

READ

Matthew 12:1-14 with your family.



3

ASK

1- Why did God give His people a Sabbath day?
Genesis 2:2-3
2- How did the religious leaders change the Sabbath day? Matthew 12:1-2
3- What do you think it means that Jesus looks at our hearts? Luke 6:43-45
4- Why do you think it's more important to God that we have hearts that follow after Him? 1 Samuel 16:7



4

PRAY

Dear Jesus,
Thank you that you made the Sabbath day.
Help me to rest in you and love you with all my heart!
Amen.



5

DO

Practice rest. This week make a plan, either as a family or just for you, to set aside time and rest with God. Maybe that's planning for a family dinner one night this week and talking about what God is teaching you. Maybe that means setting aside time for a walk to be in God's creation and thank him for what he's created! Or you could set aside a day with no screens or technology! Brainstorm ways to rest with God as family right now!



6

REMEMBER

Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.
John 17:3

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The Sabbath

Open your Bibles to Exodus 20. Read the Ten Commandments.

What is the 4th commandment? Color the picture below.

Remember the Sabbath



Keep it Holy