

Why do we go to church on Sunday?

Lesson Introduction

(Review all the things God created.) On the seventh day God rested from all the work he had done. He enjoyed all that he created. God tells us to rest on the seventh day. He calls the seventh day the Sabbath. It is a day that we should stop our work and think about and honor him for all that he has done for us. Sunday is the Sabbath day for Christians.

What do we do on Sunday? Why is that important to do?

Discussion Questions

Day 1: How long did it take God to create everything that exists in the universe? What does it mean that it all was good?

Day 2: What did God do on the seventh day? Why was he able to do that?

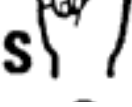
Day 3: What did God set aside the seventh day to be? Why did he do that? What does God want us to do on the other six days?

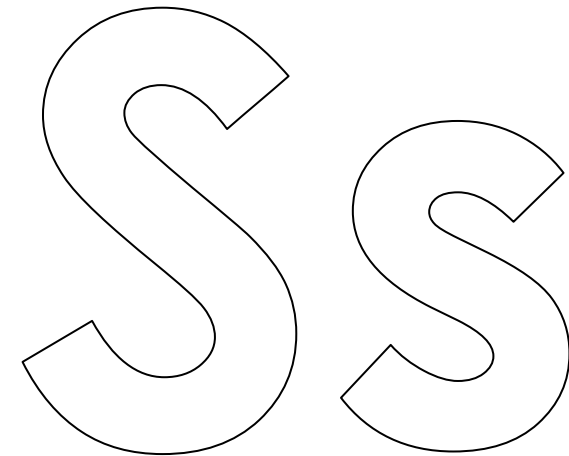
Day 4: What are we to do on the seventh day? What do we do in church on Sunday?

Day 5: On Sundays and every day what should we set our mind on? Why?

Day 6: Why has God given us the Sabbath? What should be our response to God?

Lesson Rhyme

S—S	Make sign of "S"	
Sunday	Hands up, palms facing out, make vertical circles going outwards	
A day of peace	Hands together in front, move out palms down	
and rest	Cross arms in front of chest, lean backwards	
S—S—Sunday	Same as above	
God knows for us	Point to head then self with thumbs	
what's best	Thumbs up	



S—S—Sunday

A day of peace and rest

S—S—Sunday

God knows for us what's best

Day 1

In six days God created
the things he said were good.
Good is when things function
in the way God says they should.
God worked very hard
in making things to be.
As he created earth
and every thing we see.

Draw a picture of the earth.

Day 6

God has given us the Sabbath
as a day of rest.
He always knows what's needed
and for us he wants the best.
For six days you should work hard
in everything you do.
And on Sunday go to church
to give the honor God is due.

Draw a picture of you working hard.

Genesis 1:31: ³¹ God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

Jeremiah 17:22: ²² Do not bring a load out of your houses or do any work on the Sabbath, but keep the Sabbath day holy, as I commanded your forefathers.

Day 5

The work that's done on other days
on Sunday's put aside.
And we set our mind on Jesus
and with him we abide.
We focus on the Lord our God
in heaven up above,
And the goodness of creation
and his abundant love.

Draw a picture of you reading a Bible.

Isaiah 56:2: ² Blessed is the man who does this, the man who holds it fast, who keeps the Sabbath without desecrating it, and keeps his hand from doing any evil."

Day 2

On the seventh day God rested
as all his work was done.
Everything was put in place,
the earth, the stars, the sun.
So God he did establish
a week with seven days.
With the seventh day to fill
with worship and his praise.

Draw a picture of God's creation.

Genesis 2:2: ² By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

Day 3

God set aside the Sabbath day
as a day of rest.
He always knows what's needed
and for us he wants the best.
He commanded us to work hard
six days every week.
And on the seventh day,
him we are to seek.

Draw a picture of a person working.

Day 4

God knows we need take a break
from the work we do.
A day to go to church
and learn about what's true.
So each and every Sunday
to church we gladly go.
That we love and honor God
through our worship we do show.

Draw a picture of a church.

Genesis 2:3:³ And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Exodus 20:8-10:^{a 8} "Remember the Sabbath day by keeping it holy.⁹ Six days you shall labor and do all your work,¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work.