

# LESSON PLAN

Date: \_\_\_\_\_ Lesson Number: 139

Title: \_\_\_\_\_ Grade Level: 4-6

Text/Story: Lord's Day  
Matthew 12:1-13; Isaiah 58: 13, 14

Main idea: The Lord's Day is a special day and we must honour it by setting it apart from other days of the week.

Key Verse: Revelation 1:10

Time	Activity	Description
	Pre-Lesson  <b>Calendar/Schedule</b>	<ul style="list-style-type: none"> <li>• Give each student a copy of "My Weekly Schedule" and a pencil</li> <li>• Ask them to fill out the schedule showing what they do during the week</li> <li>• Compare activities during the week with those on Sundays</li> <li>• If there are no differences, introduce the topic on keeping and honouring the Lord's Day</li> </ul>
	Lesson  Exodus 20:8-11 Isaiah 58:13, 14  <b>Expand a Verse</b>	<ul style="list-style-type: none"> <li>• Provide each student with a copy of "Expand A Verse" pages with a pencil</li> <li>• Reproduce the verses on overhead or chart paper</li> <li>• As a class, read each sentence together and:                             <ul style="list-style-type: none"> <li>• circle the key words</li> <li>• define vocabulary</li> <li>• write down modern day examples for each idea/thought (e.g., work--paid jobs, shopping, household chores, etc.); use the margins and blank spaces</li> </ul> </li> </ul> <p>**Make sure to explain why we consider Sunday the Lord's Day and not Saturday.</p>
	Post-Lesson  <b>Role-Play</b>	<ul style="list-style-type: none"> <li>• Let the students take turns role-playing using the situation provide on the page</li> <li>• They can either rehearse or improvise as they go along</li> <li>• Discuss the situations and talk about the different outcomes and consequences</li> </ul>

# MY WEEKLY SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 8:00							
8:00 - 10:00							
10:00 - 12:00							
12:00 - 2:00							
2:00 - 4:00							
4:00 - 6:00							
6:00 - 8:00							
8:00 - 10:00							



*Honouring the Lord's Day*  
**Expand A Verse**  
(Exodus 20:8-10)



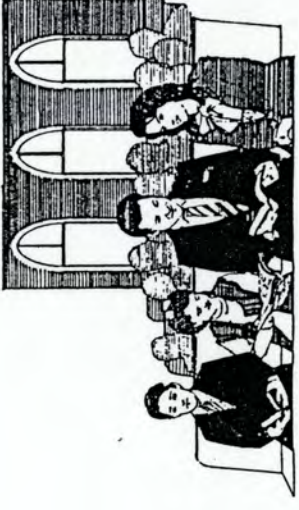
Remember the sabbath day, to keep it holy.

Six days shalt thou labour, and do all thy work:

But the seventh day is the sabbath of the Lord thy

God: in it thou shalt not do any work, thou, nor  
thy son, nor thy daughter, thy manservant, nor  
thy maidservant, nor thy cattle, nor thy stranger  
that is within thy gates...

***Honouring the Lord's Day***  
**Expand A Verse**  
**(Isaiah 58:13, 14)**



If thou turn away thy foot from the sabbath, from  
doing thy pleasure on my holy day; and call the  
sabbath a delight, the holy of the Lord,  
honourable; and shalt honour him, not doing  
thine own ways, nor finding thine own pleasure,  
nor speaking thine own words:

Then shalt thou delight thyself in the Lord; and I  
will cause thee to ride upon the high places of the  
earth, and feed thee with the heritage of Jacob thy  
father: for the mouth of the Lord hath spoken it.





## ROLE-PLAY SITUATIONS

<p>The new Christian in your Sunday school class has not yet learned about honouring the Lord's Day. He's signed up to play in soccer tournaments on Sunday afternoons and was very excited to tell you about it.</p>	<p>You need a part-time job and openings are few. Your break comes when the school counsellor calls you in to tell you about the new community centre snack bar that was looking for a counter person. As he tells you about the job, he mentions that you would have to work on Sundays.</p>	<p>A friend from school calls and asks you out to the amusement park Sunday afternoon. She says her mom will pay for everything.</p>
<p>In the cafeteria at lunch your class mates ask you what you did on Sunday. They ask you why you bother to go to church twice on Sundays and aren't allowed to go shopping and do other fun things.</p>	<p>You usually don't work on Sundays and your employer has been very good about it. But, a co-worker suddenly took ill and your boss asks you to work a shift on Sunday.</p>	<p>It's late Saturday and you found a terrific deal on a pair of roller blades. You need to get an advance on your allowance and ask the clerk to hold it 'til Monday, since the store would be closed by the time you came back. She says she can only hold it 'til closing time Sunday.</p>

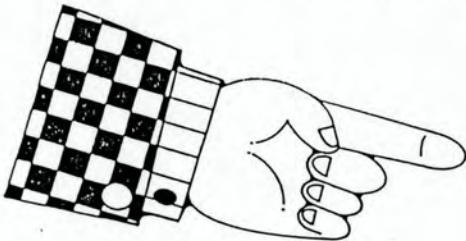


# WHAT'S SO SPECIAL ABOUT SUNDAY?



God gave us many commandments in the Old Testament about observing the Sabbath Day. The Jewish Sabbath was and is Saturday but Sunday became the Christian day of worship when Jesus rose from the grave on Sunday morning. God established a day of rest for his people to "recharge" and spend time in worshipping Him and fellowshiping with His people. Statistics tell us that those who set aside a day for the Lord are happier! Isn't it just like God to give us this blessing of a day of rest and make us even happier if we choose to observe it?!!

1. God created the world in 6 days. What did he do on the seventh day? \_\_\_\_\_
2. God told the Jews in Exodus 20:8 to "REMEMBER THE SABBATH \_\_\_\_\_ TO KEEP IT \_\_\_\_\_." Do you think that also applies to us today? \_\_\_\_\_
3. God tells us in 1 Samuel 2:30 that He will HONOR those that HONOR Him. What does the word HONOR mean? \_\_\_\_\_





Let's ENLARGE on it!

HONOR: To show great respect and love for; to regard highly



3. Listed below are some things that we should and maybe should not do on the Lord's Day.

Put a SMILEY FACE  by those you think would honor God and a SAD FACE  by those you think would not honor Him.

- |  |                              |
|--|------------------------------|
| Sleep instead of going to church _____   | Sing my best at church _____ |
| Sit up front and listen closely _____    | Go shopping _____            |
| Do my lesson book, read the Bible _____  | Visit a shut in _____        |
| Go to or participate in a ballgame _____ | Do my chores _____           |



Going to church makes me



4. In Exodus 20:11 it says the Lord blessed the Sabbath day and HALLOWED it. What do you think the word HALLOWED means? \_\_\_\_\_

Let's ENLARGE on it!

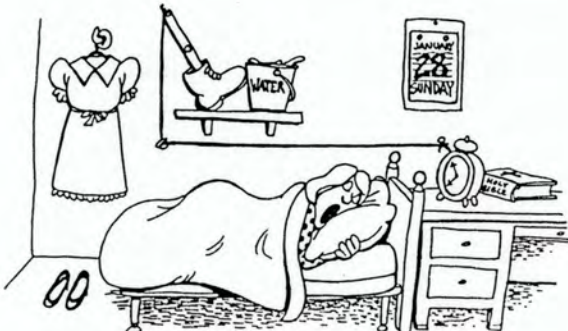
HALLOWED: To make HOLY or SACRED, to HONOR



5. Look up Exodus 20:11 and write it in your own words!

Four horizontal lines provided for writing the answer to question 5.

PRAYER: Dear Lord, We thank you for setting aside a special day when You created the world because you knew we would need a day of rest. You have done so many good things for us that we gladly honor You by keeping Sunday Holy. Amen



I want to be sure and get up on time Sunday morning to honor the Lord!