

Day 2, Lesson 4: The Sabbath Day, Keep It Holy

Objective

Created for man to Study God's Word, rest and refresh his mind; The Sabbath Day is honored

Learning Outcome

Explain God's purpose for the Sabbath Day and how to honor it

Confirmation Exercise Questions

- None

Reference Material

Booklet Song:

The Sabbath day, let it be blest, / That thou and all thy house may rest; / Keep hand and heart from labor free / and hear my preaching willingly. O Lord, have mercy. (SHZ 180 v.4)

Booklet Text:

Remember the sabbath day, to keep it holy. (Exodus 20:8)

Additional Reference Material

SCRIPTURE

Gen. 2:1-3; Ex. 16:23-30, 20:8-10; Heb. 4:4-10

CURRICULUM

- Lesson 6.4

ADDITIONAL LESSON POINTS

- Student will understand that God has commanded a day of rest so that man has opportunity to pause beside God's Holy Word and to also rest and refresh his mind and body.
- The student will be able to explain how the Sabbath day is honored and give examples that demonstrate their understanding.

RESOURCES

- [Luther's Small Catechism, p. 5 Part I. The Ten Commandments](#)
- [VZ: Keep the Sabbath Day Holy, Sept. 2007, page 2:](#)