

Sabbath Blessing

Recommended study material for the teacher in preparation of the lesson:

- booklet „Living Bread from Heaven“
- booklet „Sabbath Fountain“

Necessary material:

- large sheet of paper/ piece of wall paper/ whiteboard
- different color markers

For the presentation of the "blessing amount" different materials can be used. You can use anything that you have a lot of: beads, beans, nuts, buttons, matches ... 267 pieces are needed. In my case, water beads were used, which I found particularly beautiful, because they illustrate clearly the flow of blessing as "blessing drops". With older children, you can also "convert" it to centimeters or deciliters and display it on a ruler or in water glasses.

- (Daily) morning and evening sacrifice: 1
- Sabbath: 2
- New Moon: 4
- Passover: 60
- Feast of Tabernacles: 100x Sabbath = 200

*„Remember the sabbath day, to keep it holy. 9 Six days shalt thou labour, and do all thy work: 10 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: 11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD **blessed the sabbath day, and hallowed it.**“ Exodus 20:8-11*

Collecting the children's thoughts: What comes to mind, when you hear of “blessing” or “being blessed”?

How does the bible define „blessing“?

Spiritual wealth

„The blessing of the LORD, it maketh rich, and he addeth no sorrow with it.“ Proverbs 10:22

No hunger/health/purity

„I will abundantly bless her provision: I will satisfy her poor with bread.“ Psalm 132:15

Children!/growth/flourishing

„He blesseth them also, so that they are multiplied greatly; and suffereth not their cattle to decrease.“ Psalm 107:38

Abundant harvest

„Then Isaac sowed in that land, and received in the same year an hundredfold: and the LORD blessed him.“ Genesis 26:12

Strength/peace

„The LORD will give strength unto his people; the LORD will bless his people with peace.“ Psalm 29:11

Success

„The LORD shall command the blessing upon thee in thy storehouses, and in all that thou settest thine hand unto; and he shall bless thee in the land which the LORD thy God giveth thee.“ Deuteronomy 28:8

Passing on the blessing received

„And I will make of thee a great nation, and I will bless thee, and make thy name great; and thou shalt be a blessing.“ Genesis 12:2

In Genesis 37-48 Joseph was a blessing for Egypt

How can we be a blessing?

- kind words
- helping
- comforting
- ...

Start a mind map by having one child write „God“ in the middle. Bring together what you have read before and other things that come to mind. Let each child write down a word in their chosen colour.

God:

- cares
- comforts
- helps
- accompanies
- protects
- gives joy
- heals/healing
- refreshes (Sabbath rest)
- helps you understand difficult things
- changes our character

And now I tell you a secret ...! For many, many centuries, it has not been understood by God's people, for a long time we adults have not understood how it all works but a few months ago, God revealed His secret to us and today I want to tell you about it!

Explain to the children that our Father ALWAYS protects and loves them, but at certain times God's Spirit comes closer to us than at other times - which causes: ... (refer to the last 4 key points above and highlight them by circling them). Place the first two glasses on the table and fill them with one

and two beads/beans each ... and explain that they symbolize God's Spirit, which comes twice as close to us on the Sabbath as on the other days of the week.

People hear God's voice at this time more than at other times. What do you think, children, can you think of another time when God could come closer to us?

Add the new moon and let a child pick out 4 beads. Have the children count 60 beads for the Passover and then fill the remaining beads into the fifth jar for the Feast of Tabernacles (let the children guess how many there are)

Is the Sabbath now of lesser value because it does not have as many beads? NO, on the contrary! Without the Sabbath, the other festivals with the many blessings wouldn't exist! Are two dog parents worth less than their 6 little puppies? No ... the puppies would not exist without the two dog parents and neither would the blessing and the joy they bring you!

*If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and **call the sabbath a delight**, ... 14 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. Isaiah 58:13-14*

If we understand that the Sabbath is a blessing for us, a day when the Lord comes closer to us, a day when he can better help us understand difficult things, when he refreshes, heals and changes us, then we will look at the Sabbath with completely different eyes and it will be our pleasure and joy! And you can also better understand why the adults like to worship at these times ... why do you think that is?



English from left to right: Tabernacles, Passover, Newmoon, Sabbath, Day



English Translation of the Whiteboard:

Above: Blessing

Centre: God

Around: Blesses, heals, gives Life, changes my heart, protects, takes care, helps, gives joy, gives food, helps us to understand difficult things, ... (can be extended)