**IT STARTS WITH CREATION**

<table>
<thead>
<tr>
<th>SUNDAY 1</th>
<th>MONDAY 2</th>
<th>TUESDAY 3</th>
<th>WEDNESDAY 4</th>
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<th>FRIDAY 6</th>
<th>SABBATH 7</th>
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<tr>
<td><strong>THE FIRST SABBATH</strong> (Genesis 2:2, 3)</td>
<td><strong>THE SABBATH COMMANDMENT</strong> (Exodus 20:9-11)</td>
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<tr>
<td>WHO</td>
<td>WHAT</td>
<td>WHEN</td>
<td>WHERE</td>
<td>WHY</td>
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<tr>
<td>God</td>
<td>stop working</td>
<td>the seventh day of Creation week</td>
<td>planet Earth</td>
<td>because His work was done, because He wanted to set aside this day for a special purpose, because God set the example, because He is our Creator and deserves our worship</td>
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*By the seventh day God had finished the work he had been doing. So on the seventh day he rested from all of his work. God blessed the seventh day and made it holy* (Genesis 2:2, 3).

**A WEEKLY BREAK**

The Sabbath is supposed to be “a day you can enjoy.” But it’s also “holy”—a day set apart for God. “Do not do just anything you want to on my holy day,” God says. Instead, “find your joy in me” (Isaiah 58:13, 14).

The big thing NOT to do? Work (Exodus 20:10). That means you have an entire day off from homework and chores. Can’t complain about that!

**WHAT DID JESUS DO?**

Jesus is in charge of the Sabbath (Mark 2:28), so His example gives us good ideas of what to do on Sabbath. Here’s Jesus’ busy schedule for one Sabbath (Mark 1:21–34):

- Worship at the synagogue.
- Drive a demon out of a man.
- Visit Peter and Andrew’s house with James and John.
- Heal Peter’s mother-in-law.
- After sundown, heal many others.

**WHY?**

- because His work was done
- because He wanted to set aside this day for a special purpose
- because God set the example
- because He is our Creator and deserves our worship

**A DAY LATE**

The Bible does not say that God changed His holy Sabbath from day seven to day one. So why do most Christians worship on Sunday?

More than 100 years after Jesus died, some Christians began worshipping on the first day of the week. It seemed like a good way to remember Jesus’ resurrection. Plus it was the popular thing to do, since many pagans worshipped the sun on “Sun”-day.

For years many Christians rested and worshipped on Saturday and then worshipped again on Sunday! But in AD 364, church leaders told people to stop keeping the Sabbath. “You must work on Sabbath and rest on Sunday,” they said.

The church claimed it had the power to change God’s law! The Bible had predicted this shocking rebellion (Daniel 7:25). Unfortunately, most Christians followed along, and many still do.

**GOD CALLS THE SHOTS**

The Sabbath isn’t based on anything in nature, like the phases of the moon or the time it takes the earth to go around the sun. It’s based on God’s Word, which tells us that God created the world in six days, rested on the seventh day, and told us to rest on that day.

Keeping the Sabbath holy shows that we trust God and obey Him because He knows what’s best for us. We follow His way, not human ideas about worship.

The Sabbath will always be a special day to spend with God. “I will make new heavens and the new earth, which will last forever,” says the Lord. “All people will come to worship me every Sabbath” (Isaiah 66:22, 23, NCV).

**BONUS SABBATHS**

The Israelites had seven extra sabbaths each year—religious holidays such as the Feast of Trumpets and the Day of Atonement. These yearly sabbaths pointed forward to Jesus and His work. Now that we have the real thing—Jesus—we don’t celebrate these holidays (Colossians 2:16, 17).

**SABBATH FUN FACTS**

- God reminded the Israelites about the Sabbath more than 2,000 times while they lived in the wilderness! For 40 years He sent manna every day except Sabbath (Exodus 16:22–30).
- Jesus rested in the tomb on Sabbath after finishing His mission on earth (Mark 15:42–46).
- Paul spent countless Sabbaths teaching people about Jesus (Acts 16:13; 17:1, 2).

**LIBERTY AND JUSTICE FOR ALL**

When God rescued the Israelites from Egypt, the Sabbath became even more significant. Besides reminding them of Creation, it reminded the people of God’s amazing deliverance. Since God had saved them from slavery, they needed to pass along that kindness to their servants (Deuteronomy 5:14, 15).

We don’t make other people work for us on Sabbath so we can rest. Everyone takes a break together. Even animals get the day off!