



*This content comes from *Family Faith Walks: On-the-go Faith Activities* written by Kelly J. Haack published by CPH. Buy the book on amazon at this link: https://www.amazon.com/Family-Faith-Walks-Kelly-Haack/dp/0758600453/ref=sr_1_1?dchild=1&keywords=family+faith+walks&qid=1599057353&sr=8-1

God's Grace to Us

Today's Reading: Exodus 20:8-11

Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord our God. Exodus 20:9-10a

Faith Walk

Walk around a business district in your community. As you look at the different businesses, talk about the types of jobs that are part of each business.

Faith Talk

- ❖ Discuss the word “labor.” What is labor? How and why do people labor? Why do you think Labor Day started?
- ❖ How can Christians, including children, glorify God through their labors?
- ❖ What does “Sabbath” mean? What makes a Sabbath day different from other days? Why do you think God commands us to take a Sabbath?
- ❖ How can we use the Sabbath to glorify God?
- ❖ God gave us a command to take a Sabbath rest as a gift of His love. It is important that we be productive members of our family, church, and society. But God also recognizes the need for physical and spiritual rest. Taking a Sabbath day gives us that time. It also gives us a time to focus our attention on worshipping, praising, and glorifying our Lord.

Follow-up Activities

- Create a family worship service for Labor Day; include a Bible reading, songs, and a prayer.
- Refuel with fun. Have a Labor Day picnic or go to a Labor Day parade.
- Write a list of ways people labor. Thank God for all the workers in the world that help to make our lives healthier, safer, richer, and more rounded.
- Write a list of the ways your family labors. Thank God for each person's contribution to your family.
- Labor in fun. Work on a favorite hobby or project.

Our Response to God's Grace (Prayer)

Dear God our Father, Maker of all Labor and Time,

You labored for six days, creating the world, and rested on the seventh, enjoying Your creation. Now you have commanded that we do likewise. Help us to enjoy our work and our rest. Help us to take time to come into Your house to worship. Help us to fill up on Your Word and to glorify You through our work and in our rest.

In the Peace of Jesus,

Amen

Ponderings

- ★ *Remember.* God wants us to remember. He wants us to remember the Sabbath Day, the day set aside for Him, and He wants us to remember to keep it holy. He wants us to remember His work for us - his creation and his redeeming work through Jesus Christ. *Remember.*
- ★ *Worship.* God wants us to worship. Remember the Sabbath day and keep it holy. He wants us to take a Sabbath to worship "the Lord your God." On the Sabbath, we are to take our minds off our labors and focus them on our Lord. *Worship.*
- ★ *Labor.* God wants us to labor. "Six days you shall labor and do all your work" (Deuteronomy 5:13). "For in six days the Lord made the heavens and the earth, the sea, and all that is in them ...". We are to work, produce, and create. God has blessed us to be productive and expects us to use this blessing. *Labor.*
- ★ *Rest.* God wants us to rest. "On [the seventh day] you shall not do any work..." (Deuteronomy 5:14b) "... but He rested on the Seventh day." On the Sabbath, God wants us to rest so we may replenish our bodies and our spirits. On the Sabbath,

we can center our lives on our God, our Maker, Creator, and Redeemer, and receive the true rest that comes not through works of righteousness but through faith in the redeeming work of a righteous and forgiving God. “For anyone who enters God’s rest also rests from his own work, just as God did from His” (Hebrews 4:10). *Rest.*

Journal Jottings

(Write out your reflections and thoughts or what your family did)