

THE TEN COMMANDMENTS

KEEP GOD'S DAY SPECIAL



VERSES TO READ: Exodus 20 v 8 & Matthew 12 v 1-14

God has told us that we must have a day of rest each week. For most people that day is a Sunday but there are people who HAVE to work on a Sunday. For those people it is good to take another day during the week when you can rest. God knows that we need rest to be at our best!

- **Keeping God's day special is the 4th commandment**
- **God made the world in 6 days and on the 7th day he rested**
- **Jesus healed a man on the sabbath, but Jesus wanted to show that even though he wants us to rest we should not stop helping others.**
- **This commandment is not about a strict rule that is impossible to keep – it's about God wanting us to look after ourselves**



Did you know??

While you sleep your body can make more white blood cells that can help you recover from illnesses. Your immune system relies on sleep to be able to fight against infection and to make sure you are fit! Your body repairs itself while you are sleeping..... how cool is that!



Memory Verse

Remember the Sabbath day by keeping it holy.

Exodus 20 v 8



The 10 commandment boogie: <https://www.youtube.com/watch?v=bXEbiMrQm64>

And wide open space: <https://www.youtube.com/watch?v=2cztK6F761o>

NOTE TO PARENTS: Please try and put aside 5-10 to listen to some worship with your kids and then go over the activities on this sheet. Also attached is a word search and colouring sheet for this week for you to print for your kids. Also attached to the email is a screen shot of the worksheets for this week. Please feel free to print and go through them with your children. **Blue is year (nursery to year 2) Red is (year 3-6)**

REMEMBER
THE SABBATH
DAY AND KEEP IT HOLY

FOR IN SIX DAYS
THE LORD MADE
THE HEAVENS *and*

THE EARTH
THE SEA
and all
THAT IS
in THEM
BUT HE
RESTED
on THE
SEVENTH
DAY



EXODUS 20:8,11

10 COMMANDMENTS

WORD SEARCH

Z Q O M Y C U S T E A L V V D
G D Z O W O M P S T C V I E V
O G B H Y M I A A K M R B B K
D F V O P M B R B L R W I I Z
S B O H D A B E B C H U V V C
N E P O G N R N A E T O D D L
A R N A L D T T T I M O Z Z N
M C S F U M G S H X X T B B T
E C P A S E Q L I E W H T T S
D O I I C N V I O J B E P P Q
B V R T H T T D S H U R S S R
N E S H L S I O B A X G P P K
E T V F I R O L J H W O X X I
T W U U L Q Z S T H U D U U L
W A Y L S V E F A P L S O O L



Other gods
Idols
God's Name
Sabbath
Parents
Kill
Faithful
Steal
Lie
Covet
Commandments

