



Future-proofing our children

Confirmation 1

Lesson Title: Keeping the Sabbath holy – 3rd Commandment

A Parent's Guide

Sunday School Home Schooling



Dear Parent

Welcome to the **Keeping the Sabbath holy – 3rd Commandment** lesson.

This document provides you with a minimum guide on how to present the lesson.

How to prepare and present the lesson

Below are some tips on how to go about preparing and presenting the lesson:

Step	Action
1	<p>Access the New Apostolic Church Website by keying-in or clicking on the following link from WhatsApp:</p> <p>https://bit.ly/3NACSSHS</p>
2	<p>Gather the following tools to ensure that you are ready for the lesson:</p> <ul style="list-style-type: none"> • Bible • The lesson in PDF format that is already prepared • Child's workbook and a pen, etc. • The Video Clip which is an additional/ optional resource tool • Catechism and Questions and Answers (especially for Confirmation) <p>Note:</p> <p>2.1: An ideal time preferably to present the lesson is after the Sunday morning service in line with the normal Sunday School time to maintain the routine.</p> <p>2.2: Please keep the lesson as concise (brief) as possible, bearing in mind the attention span (to focus on the lesson) of our children - you know your child best!</p> <p><i>Sunday School normally does not exceed 45 minutes.</i></p> <p>2.3: The lesson is class specific (Confirmation 1).</p> <p>2.4: Please contact your Confirmation Teacher if you need any assistance or if you need any of the above resources.</p>
3	<p>Pray (see the prayer at the end of this document) and ask God to use you as a tool to present the lesson the way He would want us to present it.</p>



Present a Confirmation Lesson at Home

How to prepare and present the lesson

We continue to share some tips on how to go about preparing and presenting the lesson:

Step	Action
4	Create a pleasant, disturbance free learning environment where you and the child/ren are at the same level. <i>Example:</i> Sit around a table.
5	Read through the lesson. Re-read the lesson so that you understand it. Watch the video-clip of the lesson to get a better understanding of the lesson.
6	Make notes for yourself on important points that you would like to remember.
7	Understand the objective of the lesson that your child must remember.
8	Present the lesson to your child.
9	Show your child the video and recap on the meaning.
10	Refer your child to the activity in the child's workbook (I Also Want To.....)
11	Pray, or ask your child to pray and close the lesson.

Available tools in terms of Home Schooling

Herewith some tools to enhance the quality of the lesson:

1. WhatsApp chat the lesson with another Sunday school family.
2. Discuss the lesson with other parents to obtain clarity regarding the lesson before it is presented.
3. Feel free to conduct (do) your own research for additional (extra) information.



The Lesson

Lesson Title	Keeping the Sabbath holy – 3 rd Commandment
Lesson Objective	The confirmands learn how to keep the Sabbath holy. They learn how to prepare themselves for every divine service and the benefits associated with keeping the Sabbath holy.
Bible text	Several verses as referenced in the parent guide below.

Lesson Summary:

In this lesson we will explain the 3rd Commandment: ***Remember the Sabbath day to keep it holy.*** We will learn what does it mean to keep the Sabbath holy. We are asked to think about what we do on a Sunday? How do we prepare ourselves for a divine service? How do we prepare our souls?

Remember the Sabbath day to keep it holy. (Exodus 20: 6-11)

This Commandment encourages us to set aside one day of the week:

- to worship God,
- be grateful and remember what God has done and does for us (deeds of salvation),
- occupy ourselves with God's word.

The "Sabbath" – the Lord's day

The Sabbath is the 7th day of the Judaic calendar. God rested on the 7th day when he created the world and he hallowed (made it holy) it. This means God not only considers it a day of rest but also a day that must be kept holy. This day of rest is given to us to remember God's creative work (Psalm 92: 1-5).

In the Old Testament, this day was also remembered to praise God for liberating (freeing) the Israelites from Egypt.

For Christians, the Sabbath is a Sunday. Jesus resurrected from the dead on a Sunday. Christians consider a Sunday holy.

"Keeping it holy"

During the time of the Old Testament, God gave the Sabbath as a gift. It is was meant to be a day on which people were to rest from work and turn to God without any distraction. Keeping the Sabbath holy meant having a special sacrificial service (Numbers 28:9-10) and avoiding personal business and idle talk.

In the New Testament, Jesus went to the synagogue (place of worship for the Jews) on the Sabbath. Jesus also healed the sick. (Luke 6:6-11) The scribes at the time, considered Jesus healing the sick, "work". Did Jesus disobey the Commandment? Jesus made it very clear that doing good to others is not only valuable but allowed on the Sabbath.



How do we keep the Sabbath holy?

A Sunday should be a day of rest and a day of celebration for the soul.

We keep the Sabbath holy by:

- worshipping God in the divine service
- absorbing His word in faith (this means believing and acting upon the word we hear in the service)
- having our sins forgiven
- partaking worthily of the body and blood of Jesus Christ

Those who cannot attend the divine service can keep the Sunday holy by finding a connection with God and the congregation through prayer. This applies to those who have to work, the sick, the disabled or the aged.

What do I do on a Sunday?

- Sunday is a very important day for us.
- The divine service is the most important event.
- We want to keep the day holy
- Whatever we do on a Sunday is our personal responsibility.
- Ask yourself: what I do with my time on a Sunday – is it suitable for a day which is dedicated to the Lord?

How do I (sanctify) prepare myself and my soul for a divine service?

- Sunday is a day of grace and blessing provided by God.
- To experience this grace and blessing, we have to prepare ourselves.
- This means that on the previous day and early morning before the service, we already concern ourselves with the day.
- We can read some of the publications, like the Community, the Bible, the Catechism; listen to some of the music of our church; think of how we conducted ourselves during the past week – what we have done wrong – how to be a better person, a better child of God and pray.
- If we prepare ourselves, the divine service and a Sunday becomes more meaningful in our lives.

God wants to sanctify us.

- Every divine service is holy because God is present
- God sanctifies us through
 - o the word of the sermon
 - o the forgiveness of sins
 - o Holy Communion and
 - o His blessing (the benediction) – the prayer before we sing Amen
- During the service the Lord sanctifies us and make us worthy for the future

“Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ” (1 Thessalonians 5: 23).



What does this lesson mean for us today?

- The Sabbath, a Sunday for Christians, is the day of the Lord.
- It is a day of rest and a day dedicated to the Lord.
- We keep the Sabbath holy by attending the divine services and by our conduct, in other words our behaviour throughout the day.
- We sanctify ourselves for the service and we are sanctified by God during the service.

Some questions that we can ask:

1. *Is the Sabbath and a Sunday the same day?*

According to Judaic law (Jewish religion) the Sabbath is the seventh day. God rested on the seventh day of the creation and hallowed it (in other words, made it holy). This day of rest was given to remember God's creative work and to remember how God freed the Israelites from Egypt. In the Jewish calendar this day is a Saturday.

For Christians, the Sabbath day is a Sunday. Jesus resurrected from the dead on this day of the week. For Christians, hallowing the Sunday is therefore also a profession of Jesus Christ's resurrection and a remembrance of Easter.

Therefore, the Sabbath (for both the Jewish and Christian religions) is a day of rest, a holy day. However, the Jews celebrate a Sabbath on a Saturday and Christians celebrate the Sabbath on a Sunday.

2. *We hear the word "holy" all the time. What does it mean?*

'Holy' means being separated from that which is earthly and mundane (every day, routine); it means dedicated to God.

3. *What is the benediction?*

The benediction is a blessing from God which we receive at the end of every service just before we sing the Amen as a congregation: These are the words: "The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all" 2 Corinthians 13: 14



 Notes

A Prayer for Daddy and Mommy to pray before the lesson:

Dear God, thank you for this day

Bless all parents and children

May we feel your presence

Bless the lesson we will have

Please teach us how to serve you

And help us to do your will

So that we grow closer to you

Send Jesus to fetch us

And may we be ready to meet Him

Amen

 Notes