

The Ten Commandments: Remember the Sabbath



What is your favorite way to relax? What gives you energy when you need to work hard?



Catechism: Read the **Third Commandment & Meaning** (found between questions 47 and 48) and Question 50 together.

Bible: Read **Deuteronomy 5:12-15** with your parent/faith mentor.



Review the questions below. Then go to

<https://glcvictoria.360unite.com/confirmation> to watch the video

“Remember the Sabbath” with Pastor Keith. As you watch, take notes. Then discuss these questions and your answers with your parent or faith mentor.

❖ Who needs to rest on the Sabbath?

❖ Explain the difference between viewing the Sabbath as a gift from Jesus and viewing the Sabbath as a thing we have to do to make God like us.

❖ Why do most Christians today worship on Sunday instead of Saturday?

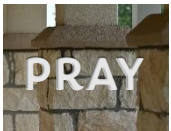
❖ The Sabbath is about (1) **valuing God’s Word** and (2) **a pace of life that includes rest**. Give 3 examples from each category of how you can remember the Sabbath this month:

(1) Valuing God’s Word:

- 1.
- 2.
- 3.

(2) Resting each week:

- 1.
- 2.
- 3.



Thank God for the community of Christ we get to worship with each week. Ask God to bless your times of worship and rest so that your faith grows stronger.



Say this Bible memory verse out loud to your parent or faith mentor: ***“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”***

- Matthew 11:28-30

Parents/Faith Mentors:

Please sign that you have completed this worksheet with your 8th grader by December 17.