



Faith and Love C.O.G.I.C  
Sunday School

Lesson 1 December 7, 2025

THE SABBATH DAY

# SUNDAY SCHOOL CORE VALUES



## **SUNDAY SCHOOL RESPONSIVE READING**

**Superintendent/Teacher:** Behold how good and how pleasant it is for brethren to dwell together in unity. **Psalm 133:1**

**School/Class:** But do not forget to do good and to share, for with such sacrifices God is well pleased. **Hebrews 13:16**

**Superintendent/Teacher:** All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness. **2 Timothy 3:16**

**School/Class:** Your word is a lamp to my feet and a light to my path.  
**Psalm 119:105**

## SUNDAY SCHOOL RESPONSIVE READING

Superintendent/Teacher: Let each of you look out not only for his own interests, but also for the interests of others. **Philippians 2:4**

School/Class: He who has a generous eye will be blessed, for he gives of his bread to the poor. **Proverbs 22:9**

Superintendent/Teacher: Therefore he says: “When He ascended on high, He led captivity captive, and gave gifts to men.” **Ephesians 4:8**

School/Class: As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God. **1 Peter 4:10**

## **SUNDAY SCHOOL RESPONSIVE READING**

**Superintendent/Teacher:** For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ. **1 Corinthians 12:12**

**School/Class:** For as we have many members in one body, but all the members do not have the same function. **Romans 12:4**

**Superintendent/Teacher:** By this all will know that you are My disciples, if you have love for one another. **John 13:35**

**School/Class:** For you, brethren, have been called to liberty; only do not use liberty as an opportunity for the flesh, but through love serve one another. **Gal. 5:13**

## **SUNDAY SCHOOL RESPONSIVE READING**

**ALL:**

But grow in the grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen.

**2 Peter 3:18**



## Lesson 1 December 7, 2025

### THE SABBATH DAY



- Bible Basis: Exodus 20:8-11, 31:12-16
- Bible Truth: The Lord gave the Sabbath as a day of rest and to recommit to holy living.
- Memory Verse: VERSE: “Remember the sabbath day, to keep it holy” (Exodus 20:8).
- Lesson Aim: By the end of the lesson, we will: EXPLORE the meaning of the Sabbath as expressed in Exodus; RECOGNIZE and appreciate the importance of Sabbath; and DISCOVER ways to practice Sabbath in the twenty-first century.
- Background Scriptures: Exodus 20:8-11, 31:12-18 - Read and incorporate the insights gained from the Background Scriptures into your study of the lesson.

**Lesson 1 December 7, 2025**  
**THE SABBATH DAY**



**Exodus 20:8-11, 31:12-16 KJV**

**20:8** Remember the sabbath day, to keep it holy.

**9** Six days shalt thou labour, and do all thy work:

**10** But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

**11** For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.



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**Exodus 20:8-11, 31:12-16 KJV**

**31:12** And the Lord spake unto Moses, saying,

**13** Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you.

**14** Ye shall keep the sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people.

**15** Six days may work be done; but in the seventh is the sabbath of rest, holy to the Lord: whosoever doeth any work in the sabbath day, he shall surely be put to death.

**16** Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant.

## LIGHT ON THE WORD

**Moses.** The account of Moses is a testament to the ebbs and flows of life. Moses, born under a decree that required the murder of all male Hebrew children, should have died as an infant, but through the efforts of his mother and sister, he was raised as a prince in the house of Pharaoh. As an adult, he recognized the Hebrews' plight and followed God to lead them in their liberation. The "man of God" knew both struggle and persecution along the journey through the desert, but remained faithful ([Psalm 90](#)). He was blessed to stand on holy ground, commune with the burning bush, receive the Ten Commandments, and prepare the next generation for the Promised Land; however, due to his temporary disobedience, Moses was unable to enter the Promised Land ([Numbers 20:12](#)).

## LIGHT ON THE WORD

**Mount Sinai.** God came down to the top of the mountain and instructed Moses to come up ([Exodus 19:20](#)). Mount Sinai is still considered sacred today because there God spoke to Moses and gave him all of the laws, statutes, and ordinances for the Children of Israel. When the Israelites camped around Mount Sinai, the glory of the Lord settled on the mountain for six days ([Exodus 24:16](#)). The book of Deuteronomy refers to the site where Moses received the Ten Commandments as Mount Horeb ([Exodus 33:6](#)); generally Sinai and Horeb are thought to be the same place ([Exodus 34:2](#)).

## LIFE NEED FOR TODAY'S LESSON:

AIM: We will learn that people sometimes turn away from traditions that give firm foundations and guides for their lives.

# INTRODUCTION

## God Commands – Observe the Sabbath

The command to observe the Sabbath was given to Moses in two different contexts. In [Exodus 20](#), it is included in a larger body of statutes known as the Ten Commandments. The command to observe the Sabbath is the fourth commandment, following "Thou shalt not take the name of the LORD thy God in vain" (from v. 7) and preceding "Honour thy father and thy mother" (from v. 12). Scholars debate the significance of the order of the commandments; however, Jesus summarized the first four in His understanding of the greatest commandment ([Matthew 22:34-40](#)). The entire Ten Commandments shows how we should love God and others.

# INTRODUCTION

## God Commands – Observe the Sabbath

Moses also received the command to observe the Sabbath in [Exodus 31](#). It is important to understand the setting for this text. God used the preceding Scriptures to outline the details for building the tabernacle. He was specific and had made the necessary provisions in terms of skill, labor, and resources. God re-emphasizes the Sabbath statute to make clear that the new assignment does not supersede the Sabbath; there is no justification for working on the Sabbath. If erecting a place to worship the Lord was not a plausible excuse, certainly no excuse would do.

# BIBLE LEARNING

AIM: We will understand that God gives us provisions  
to honor Him through the Sabbath.



## **I. A MEMORIAL**

Exodus 20:8-10

When God created humankind, He understood how people would act. Moreover, He understood that humans would be overwhelmed and engrossed in our daily lives and worldly things rather than Him and His precepts. Thus, God not only provided the Sabbath but also instructions to remember it, because He knew there would be an inclination to forget the purpose and benefit.

Sabbath means "rest" in Hebrew. God understood the importance of rest during creation and wants His people to remember not only His commandments but their limitations as creatures and their submission to Him as Creator.

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## I. A MEMORIAL

Exodus 20:8-10

8 Remember the sabbath day, to keep it holy. 9 Six days shalt thou labour, and do all thy work: 10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

The fourth commandment has generated endless debate, and this controversy continues today. One of the primary issues involves what exactly constitutes a) remembering and b) not working. Even though this is the longest of the commandments in the Decalogue, or Ten Commandments (Exodus 34:28; Deuteronomy 4:13), the struggle to interpret and follow the command in some ways remains unchanged. There would be little controversy over keeping or honoring the Sabbath if the spirit of the command were kept in mind instead of endless fascinations with the letter of the law.

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## I. A MEMORIAL

Exodus 20:8-10

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The word "remember" in Hebrew is zakar (zah-KAR), which is more than just simple recollection, but remembering meaning and history as well. The parallel command in [Deuteronomy 5:12](#) uses "keep," from the Hebrew shamar (shah-MAR), which means to guard, protect, or attend. The word sabbath in Hebrew is shabbath (shab-BAHT), which Strong's defines as "intermission," and is derived from the similar Hebrew verb shavat (sha-VAHT), which means to rest or stop.

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### THE SABBATH DAY



## I. A MEMORIAL

Exodus 20:8-10

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The verse points to the comprehensiveness of the passage, which extends outward from the central figure, presumably a property owner, to his family, servants, animals, and then to strangers (also rendered foreigners, resident aliens, and sojourners in various translations). One's workload cannot simply be transferred to a subordinate - the day of rest applies to all, high and low, rich and poor, master and servant; all are included. Unfortunately, in defining exactly what constituted work, over the centuries, many completely lost sight of the spirit of the law: holiness. One does not demonstrate keeping something holy by following hair-splitting, bare minimum, or overexacting definitions - to the point where Pharisees, for example, would not even do a "work" of mercy or kindness on the Sabbath ([Luke 14:3-6](#)), for which Jesus rightly rebuked them. Instead, keeping the Sabbath holy in v. 8 means setting it apart for God.

## **II. A BLESSING**

Exodus 20:11

The text tells us that the Lord blessed the Sabbath and set it apart. In other words, God distinguished the Sabbath by sanctifying it and making it a holy day. Even in contemporary times, Christians must set apart the Lord's day and ensure it has distinction from every other day. God sanctified the Sabbath, but unless the day is committed to Him, the blessing has no benefits.

God provided a model whereby everything to do was finished in a six-day period. He exhibited organization skills, the advantages of prioritizing, the obligation of completion, and the necessity of rest. Given this example, all believers are challenged to honor God by observing the Sabbath.

## **Lesson 1 December 7, 2025**

### **THE SABBATH DAY**



## **II. A BLESSING**

### **Honoring the Sabbath Honors God**

Exodus 20:11

**11** For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

A common misreading is that God was tired from working for six days and needed some time off to recuperate. The reality was that rest was an integral component built into creation - no different from light, plants, animals, or humanity itself; rest is part of nature's rhythm. Violating the Sabbath was to violate nature and introduce man-made chaos into the once-perfect God-made ecology. Today's language would call this the rat race; our common defiance has become our collective cacophony of chaos. On the other hand, aligning with God's intended design has the opposite effect - by letting go of the frenzy, releasing our grip on self-centered pursuits, and embracing the divinely mandated rest, we rejoin the natural rhythm and cosmic harmony, and reap the ordained benefits of the created order's cycle of peace.

# LIGHT ON THE WORD

## God's Blueprint

Israel's work week is patterned after God's work week, so Israel's day of rest follows God's pattern. God does not ask us to deny ourselves, sacrifice, obey, or take up our cross without first having led the way, without setting the example or giving us footsteps to follow ([1 Peter 2:21](#)). This pattern was established early on in Israel's history, in commands like this one that form a blueprint that first is created in Heaven, then recreated on Earth.



### **III. A SIGN**

Exodus 31:12-16

A covenant is a contract or agreement between two parties. In the Old Testament, the Hebrew word berith is often translated as covenant. Berith is often used with the verb karat. This word is derived from a root which means "to cut," and hence a covenant is a "cutting" with reference to the cutting or dividing of animals into two parts, and the contracting parties passing between them, in making a covenant ([Genesis 15](#); [Jeremiah 34:18-19](#)).

### **III. A SIGN**

Exodus 31:12-16

The observance of the Sabbath signified the covenant between God and the Children of Israel that they were His chosen people. This was not the only sign God had with the Israelites; however, this particular sign symbolized the practical aspect of their relationship. The Children of Israel would rest on the same day their Creator rested. As they sanctified and set apart the Sabbath, God would also sanctify and set them apart.

### **III. A SIGN**

#### **The Sign of the Mosaic Covenant**

Exodus 31:12-16

31:12 And the LORD spake unto Moses, saying, 13 Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the LORD that doth sanctify you.

The Sabbath as the sign of the Mosaic covenant is parallel to circumcision for the Abrahamic covenant ([Genesis 17:10-14](#)), the rainbow for the Noahic covenant ([Genesis 9:8-17](#)), and baptism for the new covenant ([Matthew 28:19](#); [John 3:5](#)). The practice of resting on a certain day did not set the Children of Israel apart from other nations. The Lord's purpose in the Sabbath was to sanctify (Heb. qadash, ka-DASH) or set them apart as His people. It is through His assertion that they are "my sabbaths." Precisely, it is through His covenant and their reverence of Him that they are set apart.

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### III. A SIGN

#### The Sign of the Mosaic Covenant

Exodus 31:12-16

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Just as other laws were punishable by death ([Exodus 21:12-14, 22-23](#); [Deuteronomy 24:7](#); [Leviticus 20:10-21](#)), so the Sabbath held equal weight in God's eyes. Ultimately, to desecrate the Sabbath was to turn one's back on God, choose death over life, and ignore the very rhythm of the universe. While the New Testament does not call for capital punishment for such violations, with Christ's fulfillment of the Mosaic Law, He has called all believers to enter into a spiritual Sabbath rest based on our obedience to Him. This often includes resting from physical labor as well as sanctifying the Sabbath unto the Lord by keeping it holy.

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Jesus was charged with the crime of violating the Sabbath, one of the reasons the Jewish leaders called for His death ([John 5:16-18](#)). In all four Gospels, Jesus' response was that the Sabbath had become a burden instead of a blessing (e.g., [Mark 2:23-27](#)). In response, He reframed the day according to its original intent - re-instituting acts of love, mercy, and necessity as permissible, even on the Sabbath. Moreover, Jesus proclaimed Himself the Lord of the Sabbath ([Mark 2:28](#)), a claim to deity that became yet another violation in the blind eyes of the Pharisees. He reminded them that the Sabbath was created for man, as a gift and a blessing, and was never intended to become a taskmaster with endless legislative minutia.

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### **III. A SIGN**

#### **The Sign of the Mosaic Covenant**

Exodus 31:12-16

16 Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant.

God brought Israel out of bondage in Egypt, a forerunner of Jesus' coming deliverance from the bondage of sin. He established Israel as His people, a forerunner of the bride of Christ. He formalized His presence among them in the tabernacle, a forerunner of the Davidic Temple, and after that the Body of Christ, His church, Finally, He instituted the Sabbath rest, a forerunner of the final exodus leading to His eternal rest and the new creation in which perfect harmony reigns - thus the perpetual covenant aspect of this verse. Christians have much support for remembering the Sabbath on Sunday.

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### **III. A SIGN**

#### **The Sign of the Mosaic Covenant**

Exodus 31:12-16

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The Old Testament commands that the Sabbath be celebrated on the seventh day of the week, which is the continued practice in Judaism, as this is their day of worship. However, in the early church the day of worship became associated with the day that Christ was resurrected, the first day of the week ([Matt 28:1](#)). This did not occur until the second century AD, which is why Acts and other New Testament books still speak of the early church worshiping on the Sabbath with the understanding that this was the last day of the week.



# LIGHT ON THE WORD

## Honoring God Every Day

Despite the shift from the seventh to the first day of the week, the Sabbath still has connections with rest and creation for Christians. On the one hand, in the New Testament, all of our time belongs to God, to be holy and used for worship. Just as being angry with someone or mocking was equal to murder in the New Testament ([Matthew 5:21-22](#)), so being holy was not to be reserved for only one day of the week but rather for every day.

# **BIBLE APPLICATION**

AIM: We will remember to honor God even  
when life issues overwhelm us.

## **BIBLE APPLICATION**

God revealed the need to observe a regular rhythm of work and rest for the health and well-being of humans, animals, and plants. Recently this rhythm has been set aside in many places around the globe. Underneath this casting off of the Sabbath is greed. This desire for more has caused corporations to work non-stop, which in turn creates a vicious cycle as the rest of society is swept up in this desire for more. Now we have stores and other businesses open twenty four hours a day, seven days a week. This is contrary to the rhythm God established at the beginning of creation.

## **BIBLE APPLICATION**

It not only is contrary to the Judeo-Christian rhythm, but also traditional African rhythms as well. The observance of the Sabbath can be found throughout Africa. It is observed by many African tribes such as the Yoruba of Nigeria and the Akan (Ashanti) of Ghana. In modern-day Ethiopia, it is observed as an institution of the Ethiopian Orthodox Church and by the Falasha or Ethiopian Jews. This phenomenon of Sabbath observance is a witness to God's truth being spread among all peoples, and African knowledge of the Creator or the Most High God.

# **STUDENT RESPONSES**

AIM: We will learn how God revealed the need for all creation to work and rest for its well-being.

## **STUDENT RESPONSES**

Make a list of everything that comprises a typical Sunday at your house. Circle the activities that can be categorized God-centered, cross out the activities that constitute work or chores, and underline the activities that can be considered rest and relaxation. How can you eliminate the items that were crossed out?

# Prayer

Holy God,

You are so Holy and merciful toward us. We worship and honor who

You are and who we are in You. We bless You and thank You for all of

Your gentleness, mercy, peace, and joy. As we strive to live lives that

are holy and pleasing before You, we look to You for direction and

guidance.

In Jesus' Name we pray.

Amen.



**Next Sunday**  
**December 14, 2025**  
**Lesson 2**  
**Acceptable Offerings**  
**Leviticus 22:17-25, 31-33**