



# A DAY with the KING

**AMAZING  
ADVENTURE**

Bible Guides

Imagine that after you come home from school one day, you open up the mailbox and, to your surprise, you find a letter addressed to you from the Queen of England! In fact, it's an invitation to Buckingham Palace as a dinner guest celebrating the Queen's birthday. What an invitation!

You probably would have lots of questions about how you should act and what you should wear, because you'd want to look your very best and be as courteous as you possibly could be when visiting such an esteemed person.

When the day finally arrives, your heart beats with excitement — you're standing in front of the great Buckingham Palace! You climb the wide marble stairs leading to the huge wooden doors. On either side of the doors stand guards at attention, dressed in their crisp uniforms with shining buckles and buttons. One of the guards asks you your name, and you hand him your invitation. After reading the invitation, he opens the huge door ... and then another guard leads you down the long hallway to the royal chamber. Your stomach is full of butterflies!

Overhead is a very high ceiling, covered with beautiful paintings. Richness and beauty — wooden carvings, golden decorations, and priceless works of art — are everywhere! But your mind is really on the one you are going to see. What will it be like to stand in the presence of royalty and talk to such an important person? Finally ... you reach the royal chamber ... a tall guard opens the door ... and you are ushered in!

*Royal Invitation  
to  
Buckingham  
Palace*

Did you know that the Bible says we are all invited to spend a special day with the King? We're not talking about the queen of England or the president of some country — but the King of kings, the Ruler of the whole universe! Yes, it's true ... God invites you to spend a special day with Him. How would you like that?

This wonderful invitation is not just for a few minutes or just once in your life — but it is for a whole day, every week! Imagine, the most important person in the universe wants to spend an entire day with you. It doesn't get any better than that!

*Let's begin another amazing adventure through the Bible to find out more about this wonderful invitation.*

1

2

3

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7

First, let's say a prayer for God to teach us and help us understand His Word. You might say,

*"Dear God, Thank you for the special day you want to spend with me. Help me to learn more about it in your Word today. In Jesus' name I pray. Amen."*



### What day does Jesus, the King of the universe, want to spend with me?

ANSWER: *"Remember the Sabbath day, to keep it holy. ... The Lord blessed the Sabbath day and hallowed it" (Exodus 20:8, 11). "Call the Sabbath a delight" (Isaiah 58:13).*

The Bible says that God gave us the \_\_\_\_\_ as a special day to spend with Him.

He made it as a holy, blessed (happy), delightful time for us and God.



On June 25, 2006, Queen Elizabeth II invited 2,000 children to Buckingham Palace for her 80th birthday party.



### Which day is the Sabbath?

ANSWER: *"The seventh day is the Sabbath of the Lord your God" (Exodus 20:10). "Now when the Sabbath was past ... very early in the morning, on the first day of the week, they came to the tomb when the sun had risen" (Mark 16:1, 2).*

God's day has made the headlines! Here you'll find some great announcements about God's SEVENTH day.

Oh, but there's something mysterious about the words in these headlines ... can you tell what it is? Figure it out and fill in the blank at the bottom.

Hint: Look at the capitalized word in these instructions.



All the words in these headlines \_\_\_\_\_

ANSWER: All the words in the headlines have seven letters.

The Bible says that the Sabbath is the day before the first day of the week. What day is the first day of the week? Well, what does the dictionary say? "Sun-day (sùn'dê, -dâ'): The first day of the week."

Since there are seven days in a week, and the first day is Sunday, what day is the seventh day? What does the calendar say? The seventh day is \_\_\_\_\_

SABATA

Sábado

SABTU

SHAMBIN

Shabbath

SOBOTA

Sabbath

Did you know that the word for the seventh day of the week is "Sabbath" in more than 50 different languages? Interesting, eh? In Spanish, it is "Sábado." In Italian it is "Sabato." And in ancient Persia, the word for Sabbath meant "pleasantest day of the week."

Here's a list of seven things that the Bible tells us to remember. Read sentence one, then cover it with a sheet of paper and say it from memory, including the chapter and verse. When you successfully remember that one, move on to sentence two, and do the same. When you have done all seven, cover the whole list and see if you can remember all of them. Then color the ones that you did remember.



1.	Remember	the	Sabbath	day.	Exodus 20:8	
2.	Remember	all	the	commandments.	Numbers 15:39	
3.	Remember	what	Amalek	did to	you.	Deuteronomy 25:17
4.	Remember	the	days	of	old.	Deuteronomy 32:7
5.	Remember	His	marvelous	Works.	Psalms 105:5	
6.	Remember	thy	Creator.	Ecclesiastes 12:1		
7.	Remember	the	law of	Moses.	Malachi 4:4	



**FAST FACT**



The Hanging Gardens of Babylon are one of the original Seven Wonders of the Ancient World. Built by Nebuchadnezzar of Babylon about 600 years before Jesus was born, he constructed the gardens to please his wife, who missed the massive trees and fragrant plants of her homeland. The lush gardens were built on a manmade mountain of terraces by the sides of the Euphrates River.



**Where did the Sabbath come from? How long has it been a special day for meeting with our King?**

**ANSWER:** "In the beginning God created the heavens and the earth. ... And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it" (Genesis 1:1; 2:2, 3).

**WOW!** The Sabbath started all the way back at the beginning of our world.

On the first day of creation, God created light;

on the second day, He created the atmosphere;

on the third day, God created the sea, land, and vegetation.

On the fourth day, God created the sun, moon, and stars;

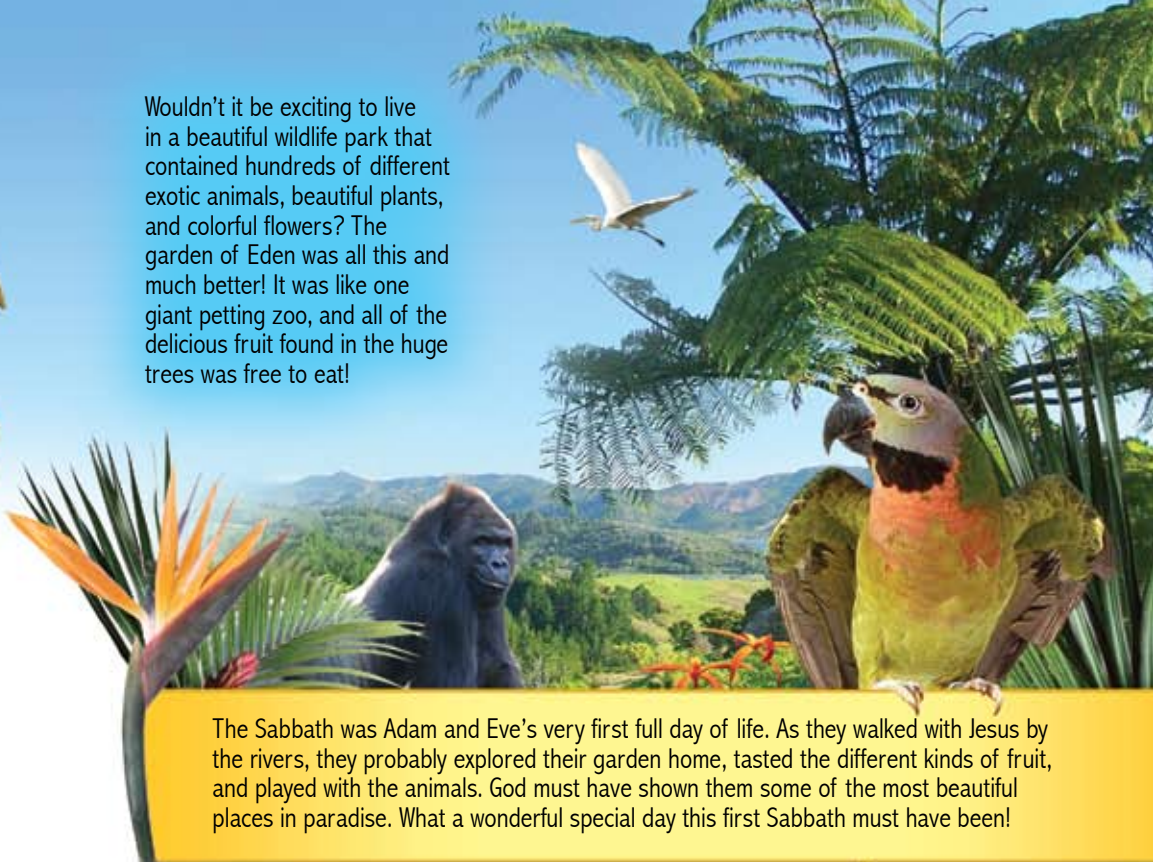
on the fifth day, He created the fish and birds;

on the sixth day, God created the land animals and Adam and Eve.

Then on the seventh day, God rested with Adam and Eve. He blessed the seventh day as a memorial of His creative work and as a special day to spend with us.



Wouldn't it be exciting to live in a beautiful wildlife park that contained hundreds of different exotic animals, beautiful plants, and colorful flowers? The garden of Eden was all this and much better! It was like one giant petting zoo, and all of the delicious fruit found in the huge trees was free to eat!



The Sabbath was Adam and Eve's very first full day of life. As they walked with Jesus by the rivers, they probably explored their garden home, tasted the different kinds of fruit, and played with the animals. God must have shown them some of the most beautiful places in paradise. What a wonderful special day this first Sabbath must have been!

# 4

Does God want everyone to worship Him on the Sabbath? What do the Ten Commandments say?

ANSWER: "The Sabbath was made for man" (Mark 2:27). "Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it" (Exodus 20:8-11).

"Also the sons of the foreigner Who join themselves to the Lord, to serve Him. ... Everyone who keeps from defiling the Sabbath, Even them I will ... make them joyful in My house of prayer" (Isaiah 56:6, 7).

The Ten Commandments say the Sabbath is the \_\_\_\_\_ day and that we should do no \_\_\_\_\_ in it.

The Bible also says the Sabbath is a commandment for every \_\_\_\_\_ that is, for all people everywhere.

God wrote the Ten Commandments in stone with His own finger so we could know they were to last forever. He also started this commandment with the word \_\_\_\_\_!

The Sabbath is a commandment for ALL people everywhere!

That's like what your Mom says about doing your homework or feeding your pet, right? That means she has told you before but thinks you might \_\_\_\_\_.

God knew that we might need reminding too! And He was right! Many people have forgotten which day God wants us to worship Him at church and keep holy.



## FAST FACT

Some early writing was done on the barks of trees, skins of animals, clay tablets, cloth, papyrus, and even sheets of metal. But the most durable writing material was stone. Inscriptions in stone written thousands of years ago have been discovered!

Could this be why God wrote the Ten Commandments on tables of stone? Yes ... because He intended it to last forever.

# 5

Why do so many people worship God on Sunday now? Have the Ten Commandments been changed?

ANSWER: "Her priests have violated My law and profaned My holy things ... and they have hidden their eyes from My Sabbaths" (Ezekiel 22:26). Jesus said, "Why do you also transgress the commandment of God because of your tradition?" (Matthew 15:3).

"It is easier for heaven and earth to pass away than for one tittle of the law to fail" (Luke 16:17). God says, "My covenant I will not break, nor alter the word that has gone out of My lips" (Psalm 89:34).

There are several reasons that people keep the wrong day as the Sabbath. Some pastors and priests do not teach the Sabbath truth because they are hiding their \_\_\_\_\_ from God's law. Jesus said others break His commandments to follow manmade \_\_\_\_\_.

Did you know that God spoke the law from Mt. Sinai before He wrote it with His finger in stone? He says it's easier for the world to pass away than for any part of His law to change. It doesn't sound like God changed the Ten Commandments, does it?

Look at list below to form words that appear on this page and the next. Choose the word ending from the column on the right.

1. Trad _ _ _ _ _ (something people keep because of customs)	nge
2. Scri _ _ _ _ _ (God's Word)	agogue
3. Syn _ _ _ _ _ (the Jewish temple)	cree
4. Gen _ _ _ _ _ (non-Jewish people)	ition
5. Cha _ _ _ _ (to alter)	ndments
6. Doc _ _ _ _ _ (teachings from God's Word)	ptures
7. De _ _ _ _ (law given by a king to deal with a current situation)	gans
8. Comma _ _ _ _ _ (God's holy law)	tiles
9. Pa _ _ _ _ (non-Christians who worship idols)	made
10. Man _ _ _ _ (made by humans)	trines

## FAST FACT

For thousands of years, most of the world believed that the sun went around the earth. Sadly, a few brave astronomers, such as Nicolaus Copernicus, were mocked when they taught the truth – that the earth actually goes around the sun.





## Did Jesus keep the seventh day of the week as the Sabbath?

ANSWER: **“And as His custom was, He went into the synagogue [church] on the Sabbath day, and stood up to read” (Luke 4:16).**

**“And when the Sabbath had come, He began to teach in the synagogue” (Mark 6:2).**

The Jews always kept the seventh day of the week as the Sabbath. Every \_\_\_\_\_ day, Jesus went to the synagogue to read and teach the Bible. In fact, Jesus said He is **“Lord of the Sabbath”** because He created the Sabbath in the beginning (Mark 2:28).

A Christian is someone who loves and follows Jesus, right? We know that Jesus kept the Ten Commandments, including the Sabbath! And of course, He wants us to do the same. **“If you keep My commandments, you will abide in My love, just as I have kept My Father’s commandments and abide in His love” (John 15:10).**

After creating the world in six days, God rested on the seventh day (Genesis 2:1-3). When a person is born on a certain day, that day becomes his birthday. So when God rested upon the seventh day, that day became His rest – or Sabbath – day. Therefore, the seventh day must always be God’s Sabbath day, right? Can you honestly change the day on which you were born to another day? No! And neither can you change God’s rest day to a day on which He did not rest.

**FAST FACT**



## Should we keep Sunday as the Sabbath because Jesus rose on that day? Did the apostles worship on Sunday?

ANSWER: **“Paul, as his custom was, went in to them, and for three Sabbaths reasoned with them from the Scriptures” (Acts 17:2). “He [Paul] reasoned in the synagogue every Sabbath, and persuaded both Jews and Greeks” (Acts 18:4). “When the Jews went out of the synagogue, the Gentiles begged that these words might be preached to them the next Sabbath. ... On the next Sabbath almost the whole city came together to hear the word of God” (Acts 13:42, 44).**

Even years after Jesus had been resurrected and had gone back to heaven, the Bible says the apostles still went to church and worshiped God on the Sabbath. Both Jews and Gentiles who wanted to hear Paul preach knew they would find him in church on Sabbath. There is no commandment in the Bible that says we are to keep any day but the seventh day as the Sabbath.

A group of boys was playing with a ball. Partway through their game, a boy named John started claiming extra points for his team. When the others objected, John said his team was playing the game differently now — they’d changed the rules! Suddenly, the whole group was in a great uproar! Why? Because the rules had changed in the middle of the game without everyone knowing. God doesn’t do that! He sticks to His word, and He never changes His law.

Fill in the missing vowels so that each row (top to bottom) and each column (right to left) contains a real word.

N		T
	W	
T		N

Now place the words in the correct blanks below for an important message.

We do \_ \_ \_ \_ \_ our worship to man, but to God; and we show our love for Him by keeping His \_ \_ \_ \_ \_ Commandments.”

Hundreds of years ago, men who hated the Jews decided they should change God’s holy Sabbath day from Saturday to the Roman day of sun worship, Sunday. God didn’t change it, but He knew it would be done by men. He knows everything. That’s why He said, **“Remember the Sabbath day” (Exodus 20:8).**

When religious leaders moved the worship day from the seventh day to the first day, many idol-worshipping pagans joined the church. They were already used to worshipping the sun on the first day of the week, Sunday.

Even though the church got larger because of all this, they were not honoring God. They should not have taught a manmade commandment that broke God’s holy law. Today, many people think God made Sunday the Sabbath, but God only made the seventh day His Sabbath. Only God can make a day holy!

The Bible says, **“You shall not add to the word which I command you, nor take from it, that you may keep the commandments of the Lord your God which I command you” (Deuteronomy 4:2).** God has forbidden men from changing His Word.



## If God didn’t change the seventh-day Sabbath to Sunday, how did it happen?

ANSWER: **“He ... shall intend to change times and laws” (Daniel 7:25). “In vain they worship Me, teaching as doctrines the commandments of men” (Matthew 15:9).**

Satan, the dragon, is always warring against God. He tries to get people to listen to his ideas instead of God’s Word, the Bible. The devil tried to \_\_\_\_\_ God’s times and laws.

### FAST FACT

In AD 360, religious leaders met to issue a decree stating that all Christians were not to be idle (not to rest) on the Sabbath, but were to work – and that Sunday was to be kept holy in the place of Sabbath (Council of Laodicea, AD 360).

# 9

## What makes the Sabbath so special to God and to us?

ANSWER: *“The Lord blessed the Sabbath day and hallowed it” (Exodus 20:11). “I also gave them my Sabbaths to be a sign between them and Me, that they might know that I am the Lord who sanctifies them” (Ezekiel 20:12).*

Suppose there are seven glasses on a counter, each representing a day of the week. All of them are empty — except the seventh one. It has a \$20 bill in it! Which glass would you choose?

Which day did God place a special blessing in?  Will you get the special blessing God has for you if you choose the first day when you know better? No. What if you choose the sixth day? No. We can't make a day holy simply by worshiping on that day. We can only keep holy a day that God has already blessed.



The Sabbath is God's special sign between us and Him through which He will sanctify us — change our lives and make us like Him, pure and holy. Isn't that awesome?

Sometimes, best friends will carve their initials in a tree or exchange a small gift as a sign of their promise to be best friends forever. In the same way, the Sabbath is a sign between us and God that we are His special children. Can you see how special the Sabbath is? God says, **“If you love me, keep my commandments” (John 14:15).**

If we love God and want Jesus to be our best Friend, we'll want to be with Him on the seventh day and keep the Sabbath holy. We'll be happy to leave our regular activities — our school and play, our shopping, and our entertainment — for another day. We'll want to keep this special date with the King of the universe. We'll want to worship Him with others who believe like we do.

Besides, we'll be getting ready to live with Him for eternity.

When we don't rest in Jesus, we are tempted into sin — just like when a person doesn't sleep, they start making mistakes. These sleep facts are all confusing, as if someone didn't get enough zzzzz's. Maybe you can sort them out by matching the correct halves. Color the two matching halves the same color. (This is a guessing exercise, so don't feel bad if you get one or two wrong.)

The average person spends...	...almost 19 days.
Everybody...	...you can't be dreaming.
If you are snoring...	...half of it is forgotten.
Toddlers never dream about...	...dreams.
Nightmares are common in...	...one of six fatal car crashes.
Five minutes after a dream...	...themselves.
The longest recorded time without sleep is...	...one-third of their life sleeping.
Fatigue is involved in...	...children.

# 10

## Will we always keep the Sabbath, even after Jesus comes?

ANSWER: The Lord said, **“For as the new heavens and the new earth which I will make shall remain before Me ... so shall your descendants and your name remain. And it shall come to pass that from one New Moon to another, and from one Sabbath to another, all flesh shall come to worship before Me” (Isaiah 66:22, 23).**

When young Billy was looking at Grandpa's gold watch, his mother asked him to feed the cows. He stuck the shiny watch in his pocket and went out to the barn. After doing his chores, he couldn't resist jumping from the loft into the hay pile below. It was great fun!

But when Billy went back to the house, he suddenly realized that Grandpa's precious gold watch was not in his pocket anymore. He knew it must have fallen out when he jumped into the mountain of hay. Frantically, he ran back to the barn and searched and searched — digging through the hay for Grandpa's most treasured possession. But he couldn't find it.

Brokenhearted, Billy fell on his knees and began to earnestly pray. Afterward, as he knelt there quietly thinking, he heard the faint “tic ... tic ... tic” of a watch! Carefully, he followed the sound until he found the missing treasure!

Sometimes we get so busy with school and games that we forget about Jesus. But our King has set aside a special day for us to rest and listen to His voice. If you are quiet now, you can probably hear Him speaking to your heart — asking you to spend an eternity with Him. That can begin here on earth by spending every Sabbath with Him!

# 11

## Do you love Jesus and want to keep His seventh-day Sabbath?

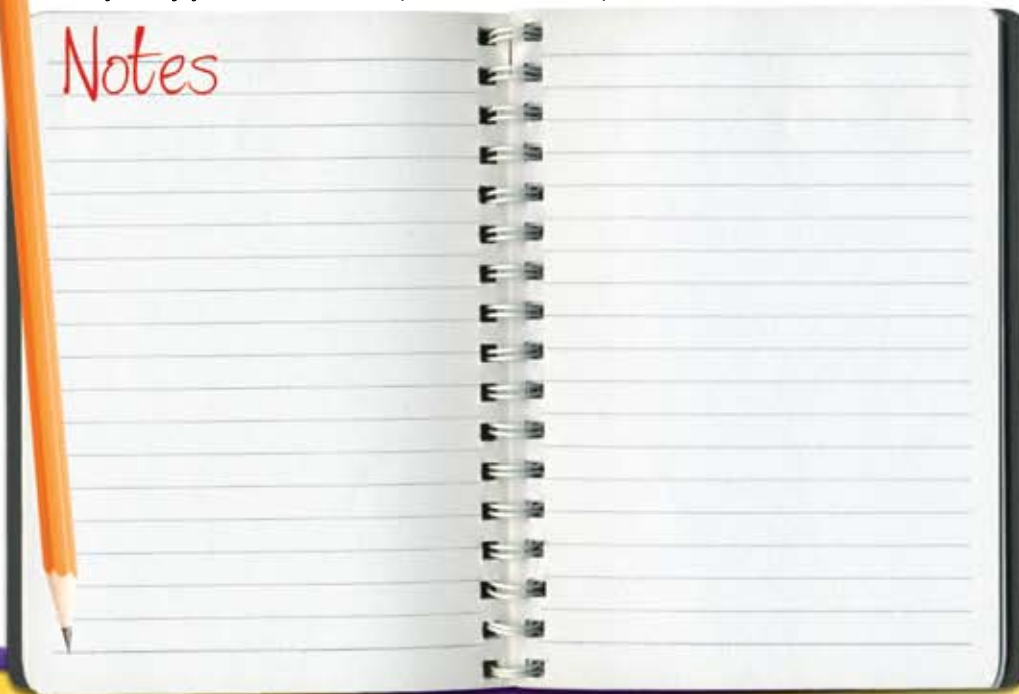
## How can I spend the Sabbath with God and keep it holy?

1. Dress up neatly and modestly to visit the Heavenly King, just like you would if you went to see an earthly king.
2. Go to church, God's house, to hear more of His Word and directions for your life.
3. Walk quietly and show reverence in the King's house, just as you would in a royal palace.
4. Take an afternoon walk in nature like Adam and Eve did — and remember, God made it all for you to enjoy because He loves you.
5. Read a story in the Bible. See what God wants to tell you while you read.
6. Try to share God's love with someone who needs cheering up — a card, a visit, flowers, or a phone call.



Did you enjoy this lesson? We hope so! Now do the questions on the **SUMMARY SHEET**.

Notes



# SUMMARY SHEET

Please read the Bible Guide before answering the questions. Fill in the circles of **ALL** that are correct in multiple choice questions. Hint: The number of correct answers for each question is in red.

1. Mark "T" for True and "F" for False on each line. The special day God wants to spend with us as the Sabbath is:
  - a) Friday
  - b) Saturday
  - c) Sunday
  - d) the seventh day
  - e) Christmas
  - c) holy day for us to spend with God
  - d) day for the Jews that we don't have to keep
  - e) a day to catch up on sleep and work at home
  - f) a day to put aside our work
  - g) a day to enjoy nature's beauty
2. Mark "T" for True and "F" for False on each line. The first Sabbath was at:
  - a) the flood
  - b) the end of Creation
  - c) Jesus' resurrection
  - d) Mount Sinai
3. How do we know God wants us to keep the seventh day holy? (4)
  - a) He doesn't change what He says
  - b) Jesus kept the Sabbath
  - c) He wrote it in the sky with a jet
  - d) God wrote it in stone with His finger in the Ten Commandments
  - e) He printed it in the newspaper
  - f) He made it when He made the world and us
4. God made the Sabbath as a: (4)
  - a) sign between us and God
  - b) vacation for us
5. The change from Sabbath to Sunday was made by: (1)
  - a) Jesus
  - b) the apostles
  - c) misguided men
  - d) a whale
6. Jesus was resurrected on: (1)
  - a) Saturday
  - b) Sunday
7. Jesus' apostles worshiped on: (1)
  - a) Saturday
  - b) Sunday
8. In the New Earth, we will worship on: (1)
  - a) Saturday
  - b) Sunday





9. People tried to change God's holy day to: (1)

- a) Saturday
- b) Sunday

10. Jesus wants us to keep \_\_\_\_\_ the day He blessed. (1)

- a) Saturday
- b) Sunday

**ANSWER:** (from page 12)  
 The average person spends one-third of their life sleeping.  
 Everybody dreams.  
 If you are snoring, you can't be dreaming.  
 Toddlers never dream about themselves.  
 Nightmares are common in children.  
 The longest recorded time without sleep is almost 19 days.  
 Fatigue is involved in one of six fatal car crashes.

**YOUR COMMENTS:**

11. What new things have you discovered in this lesson?

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12. Do you believe the seventh day is the Sabbath, which God has blessed and wants us to spend with Him?

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13. Do you want to keep the seventh-day Sabbath?

- 6. Jesus was resurrected on: **b) Sunday**
- 7. Jesus' apostles worshiped on: **a) Saturday**
- 8. In the New Earth, we will worship on: **a) Saturday**
- 9. People tried to change God's holy day to: **b) Sunday**
- 10. Jesus wants us to keep \_\_\_\_\_ the day He blessed. **a) Saturday**

- 3. How do we know God wants us to keep the seventh day holy? **a) He doesn't change what He says**
- 4. God made the Sabbath as a: **a) sign between us and God**
- 5. The change from Sabbath to Sunday was made by: **c) misguided men**
- 6. Jesus kept the Sabbath **b) He doesn't change what He says**
- 7. God wrote it in stone with His finger in the Ten Commandments **d) God wrote it in stone with His finger in the Ten Commandments**
- 8. He made it when He made the world and us **f) He made it when He made the world and us**
- 9. a sign between us and God **a) sign between us and God**
- 10. holy day for us to spend with God **c) holy day for us to spend with God**
- 11. a day to put aside our work **f) a day to put aside our work**
- 12. a day to enjoy nature's beauty **g) a day to enjoy nature's beauty**

- 1. The special day God wants to spend with us as the Sabbath is: **f-a) Friday**
- 2. The first Sabbath was at: **f-a) the flood**
- 3. Jesus' resurrection **f-c) Jesus' resurrection**
- 4. The seventh day **f-d) Mount Sinai**
- 5. Christmas **f-e) Christmas**



P.O. Box 909  
 Roseville, CA 95678-0909

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