

# Sunday School Lesson

## Sunday, April 25, 2021

### Fourth Sunday of Easter



*“Then he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.”*

While labeled Sunday School, please feel free to use these ideas in a way that blesses your family. You do not have to do all the activities, nor do you need to do them on Sunday morning. You can use whatever translation of the Bible or Children’s Bible you have in your home.

**Read:** Mark 2:23-28

#### **Activities and Background:**

The commandment given to the Israelites was “Remember the Sabbath and keep it holy.” (Exodus 20:8) Lots of rules for the Sabbath were created by people in an attempt to try and follow this commandment. Jesus in this scripture turns these laws around with his ending statement. The people had turned the commandment into “Remember the Sabbath and all the rules.” Jesus wants us to remember that the Sabbath is to be God’s time - a time to be set apart for God – a time to live as God’s – a time to refresh in God – a time to get closer to God. This might be any time.

1. Read the scripture and wonder about the story with your child. Why do you think Jesus was picking the grain? How do you think the people watching felt?
2. Read the story of David to which Jesus refers -- 1 Samuel 21: 1-5.
3. How do you keep the Sabbath holy?
4. Make Sabbath for your family: take a walk, take a break from screen time, have a special meal together, read a Bible story together, pray together.
5. Discuss the purpose of rules: Are there helpful rules and not so helpful rules?
6. Plant a vegetable garden and tend to it. Harvest and share at the appropriate time.
7. Read the story one more time and then draw a picture to help you remember the story.
8. End with a prayer.

*Lord,  
Help me to keep your commandments.  
Help me to help others keep your commandments.  
Thank you for Sabbath.  
Thank you for a time to focus on you.  
Amen.*