

KIDS FOR YAH

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The Best Day of the Week

Many of you already know that we keep the Sabbath day from sunset Friday to sunset Saturday. For our new readers, let's learn about the Sabbath Day! First of all, the Sabbath was part of Yahweh's original creation. He created the Sabbath, the seventh day, by resting. The seventh day is known as Saturday in our modern times. Sunday is the first day of the week. It was also a day of pagan celebrations in ancient times known as the "day of the sun."

Yahweh's Sabbath was made to benefit mankind. We all need a real day of rest after a long work or school week. So what should we do on the Sabbath? Rest, for one thing! We are to not do work on that day, or our own pleasure. It is a day for getting closer to Yahweh. We can spend time doing extra Bible study on Sabbath.

The first mention of Sabbath is found in Genesis 2:1-3: *Thus the heavens and the earth, and all the host of them, were finished. And on the seventh day Elohim ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then Elohim blessed the seventh day and sanctified it, because in it He rested from all His work which Elohim had created and made.*



replace Yahweh's true Sabbath day with the "venerable day of the sun." Yes, he replaced the true Sabbath with a pagan day of sun worship! This is an abomination in Yahweh's sight. Let's keep Yahweh's true Sabbath the way He intended!

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Genesis 2:2-3 (ESV)

And on the seventh day Elohim finished his work that he had done, and he rested on the seventh day from all his work that He had done. So Elohim blessed the seventh day and made it Holy, because on it Elohim rested from all His work that He had done in creation.

Our English word Sabbath comes from the Hebrew *shabbat*. Shabbat means to "stop exerting one's self (to rest)." To exert one's self is to make a physical or mental effort. It is the opposite of resting. Some would ask, why do most people now keep Sunday as the Sabbath? The answer can easily be found in history. In the 4th century B.C.E., the Roman Emperor Constantine made an edict to

WHAT DID YOU LEARN?

1. What day of the week is the Sabbath?

- A. The first day of the week.
- B. Every day of the week.
- C. The seventh day of the week.
- D. The sixth day of the week.

2. The Sabbath begins...

- A. Sunset Friday evening.
- B. Sunset Saturday evening.
- C. Sunday morning.
- D. Friday morning.

3. What is true of Sunday?

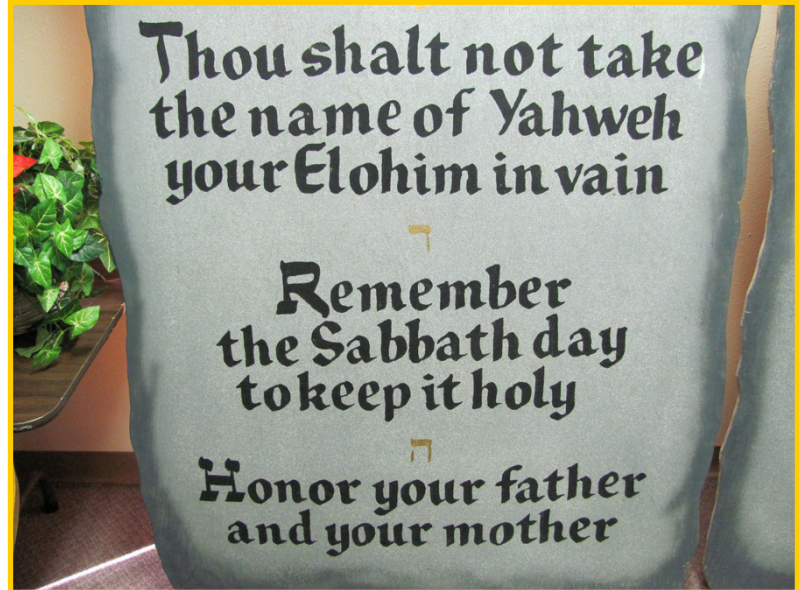
- A. It is the first day of the week.
- B. It is attached to ancient pagan celebrations.
- C. It is the true Sabbath.
- D. Both A. and B. are correct.

4. What is true of Sabbath?

- A. It is a benefit to mankind.
- B. We are not to work.
- C. We are to rest.
- D. All of the above.

5. What does the Hebrew word shabbat mean?

- A. To stop exerting one's self.
- B. To do more work.
- C. To work faster.
- D. To ignore.



Cain and Abel

CAIN ABEL ADAM EVE SONS

JEALOUSY FARMER SHEPHERD OFFERINGS

L	E	Q	S	A	D	I	X	S	Q	S	Y	D	M	X
Q	V	Z	G	V	F	M	I	A	X	S	N	I	Q	G
G	E	L	N	F	X	A	B	E	U	G	J	O	Z	K
B	K	S	I	I	M	E	R	O	M	A	D	A	S	W
F	C	M	R	E	L	Q	L	M	G	Z	Y	Z	O	K
C	O	V	E	T	Y	A	S	H	E	P	H	E	R	D
P	H	U	F	N	E	C	Y	G	L	R	I	F	N	P
E	D	T	F	J	Y	A	F	D	O	F	N	D	B	R
Q	P	P	O	U	L	I	W	U	F	J	X	W	Y	Q
V	A	V	C	G	J	N	F	B	M	U	X	H	C	H

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Life-changing Questions

Some questions have brought about dramatic changes in the lives of people. Write the name of the person related to the question.

1. Whose life changed when Someone asked him, "Why are you persecuting me?" (Acts 9:4)
2. Who asked, "Where is He that is born King of the Jews?" (Matthew 2:1-2)
3. Who asked, "What must I do to be saved?" (Acts 16:27-30)
4. Who asked, "If a man die, shall he live again?" (Job 14:14)
5. Who asked, "Master what will you have me do?" (Acts 9:6)
6. Who was asked, "What do you have in your hand?" (Exodus 4:2)
7. Who was asked, "Where are you?" (Genesis 3:9)
8. Who was asked, "Whom shall I send, and who will go for Us?" (Isaiah 6:8)
9. Who was asked, "Will you not be made clean?"
(Jeremiah 13:27)
10. Who asked, "What shall I do then with
Yahshua who is called Messiah?" (Matthew
27:22)
11. Who was asked, "Who knows whether you are
here for such a time as this?" (Esther 4:14)
12. Who asked this question to His Disciples:
"Who do you say I am?" (Matthew 16:15)

