

KIDS FOR YAH

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The Sabbath was made for man

During creation week, Yahweh made everything through Yahshua. On the seventh day, He rested from all His work. The word "Sabbath" comes from the Hebrew "Shabbat" literally meaning to cease, to end, or to rest. We are commanded to observe the Sabbath forever, throughout all our generations. Yahweh made the Sabbath for our benefit. It was not instituted because He was weary from all the creating He had been doing. Yahweh does not get tired like human beings do. Yet He kept the Sabbath to set an example for us.



The Sabbath is always kept on the 7th day of every week, which is called Saturday in our English language. Since Yahweh begins and ends His days at sundown, we begin observing Sabbath on Friday at sundown. The Sabbath ends on Saturday at sundown. This is very different from the way the world begins their days, usually at midnight.

We are commanded to keep the Sabbath holy. This basically means we are to dedicate the day to Yahweh and not do our own selfish pleasures. It is the perfect day to study our Bibles and pray. Singing songs of worship also makes the Sabbath extra special. Some families prepare special foods or desserts before Sabbath begins, so they may be enjoyed on the day of rest. We are to not work on Sabbath. It is not a day to tackle a huge time-consuming project. There are six other days of the week to do those.

There are many good reasons to keep the Sabbath. But one of the most profound, perhaps, is that the Sabbath is a sign between Yahweh and His people!

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Remember the Sabbath day, to keep it holy. "Six days you shall labor and do all your work, but the seventh day is a Sabbath of Yahweh your Elohim; in it you shall not do any work, you or your son or your daughter..." Exodus 20:8-10 NASB

Sabbath Quiz

1. What day does the Sabbath occur on?

- A. 1st day of the week
- B. The 7th day of the week
- C. The 4th day of the week
- D. Any day we choose

2. What does Shabbat mean in the Hebrew?

- A. To cease
- B. To end
- C. To rest
- D. All are correct

3. Why did Yahweh rest on the 7th day?

- A. He was so tired after creating everything
- B. He set the example for us
- C. He made it for a sign between us and Him
- D. Both B. and C. are correct

4. Yahweh's days begin and end at sundown. When does Sabbath begin?

- A. Midnight
- B. Noon
- C. Friday at sundown
- D. Sunday

5. What are good Sabbath day activities?

- A. Reading our Bibles
- B. Singing praise songs
- C. Resting
- D. All of the above



Sabbath Word Search

SEVENTH

S U D Q R H Y F Q V E D S K B

REST

G T E J E S T N J S C I T E Z

CEASE

P N U D S T W N A Q G E N L N

SIGN

E X I D T X R E E N R E L A X

BENEFITS

V X C S Y W C H S V F K U I B

RELAX

B Y C U F Q Q L R I E G A C D

SPECIAL

N O I T A E R C T S P S J E N

CREATION

K V T Q L I S S Y A R P P P E

END

O M C E N N L C E M W Z L S F

PRAY

H Z P K Z R V D V B X P S X G

SING

B E K G X F V S J O W Q Y X Q

STUDY

F Q T O E W B Z F D Q K S P G

P A E R N I N Z S N S J V S V

X O M Y V N W G S W D P G N L

F F K T P K B H S F M X N C D

Yahweh's Assembly in Yahshua
2963 County Road 233
Kingdom City, Missouri 65262

Main Line: 1-573-642-4100
Toll Free: 1-877-642-4101
Fax Line: 1-573-642-4104
Website: www.KidsForYah.org



Sabbath Maze

Help the family drive home so they can study the Bible together.

