



# KIDS FOR YAH

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## THE SEVENTH DAY



REMEMBER THE  
SABBATH DAY,  
AND KEEP IT  
HOLY.

EXODUS 20:8, NRSV

After Yahweh finished six days of creation, He rested on the Seventh Day, and called it the Sabbath. Yahweh's days begin and end at sundown. The Sabbath begins on Friday evening at sundown and ends on Saturday evening at sundown. On our modern calendars, Saturday is the seventh day; Sunday is the first day of the week. Yahweh's Sabbath has always been kept on the seventh day. The Sabbath was never changed to Sunday. It was not until the fourth century, that the Roman Emperor Constantine changed Yahweh's true Sabbath into the "Day of the Sun" that pagans have celebrated for thousands of years. We are not to be involved in any form of paganism.

The Sabbath is a very special day Yahweh made for the benefit of mankind. First and foremost, it is a day of rest. We do not go to work or school on the Sabbath. On Friday, we plan and prepare our meals ahead of time so that we can enjoy our day of Sabbath rest. Besides resting, Sabbath is the perfect time to read and study Scripture. Fellowship with other like-minded believers is also encouraged.

Sabbath is not a day to be working. Mowing the lawn and deep cleaning the house is to be avoided. It is a day to draw close to Yahweh. We should also avoid doing our own pleasure. We have six other days of the week to enjoy our hobbies. Our words are important too. We need to learn to avoid talking about our own interests and plans, and try to keep our conversations focused on Yahweh. At the same time we don't need to make the Sabbath a burden. Some people make many rules and regulations that are not found in Scripture. The Sabbath was made for man (mankind's benefit), not man for the Sabbath.

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## Sabbath Rest

## DO YOU KNOW?

1. What day is the Sabbath?
  - A. The first day of the week.
  - B. The second day of the week.
  - C. The third day of the week.
  - D. The seventh day of the week.
2. What is the Seventh Day of the week called?
  - A. The Sabbath day.
  - B. The Preparation day.
  - C. The Day of Atonement.
  - D. The Last Great Day.
3. When is the Sabbath?
  - A. Sunday.
  - B. Wednesday,
  - C. Thursday.
  - D. Saturday.
4. What is good to do on Sabbath?
  - A. Resting.
  - B. Studying Scripture.
  - C. Fellowshiping.
  - D. All are true.
5. Which is/are not a good idea to do on Sabbath?
  - A. Working.
  - B. Spending the day on our hobbies.
  - C. Talking about our personal plans.
  - D. All of the above should be avoided.
6. Which is true?
  - A. We have to keep Sunday now.
  - B. Yahweh's true Sabbath is always the seventh day.
  - C. We are not to be involved in paganism.
  - D. Only B. and C. are correct.
7. Which is/are false?
  - A. Yahweh lets us decide what day we want to keep.
  - B. Yahweh overlooks paganism.
  - C. Pagans kept the "day of the sun" for thousands of years.
  - D. A. and B. are false.





# The Sabbath

REST STUDY FELLOWSHIP CREATION BENEFIT

PREPARATION SEVEN SATURDAY SUNSET SABBATH



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](http://www.KidsForYah.org)



## SOME HEBREW NAMES AND THEIR MEANINGS

John—Yahchanan (YAH-kuh-nahn)-Yahweh is gracious

Ezekiel—Yehezqel (yeh-HEZ-kehl)—El will strengthen

Jeremiah—YermiYah (yer-meh-YAH)—Yah will exalt

Isaiah—Yeshaya (yeh-sheh-YAH)—Yah is salvation

Deborah— comes from dabar— “The Word” or “Bee”

Rachel—Raquel (ruh-KEHL)—Lamb

Joel—Yael (YAH-el)—Yah is El

Amos—(ah-MOHS)—means “lift, carry, or support)

Hannah—(HA-nuh)—means “favor” or “grace”

Abigail—Abigayil—(ah-bee-GAH-yil)—Father’s joy

Moses—Mosheh (MOH-shay)—to “draw out”

Reuben (ROO-behn)—Behold, a son!

Aaron—Aharon (ah-HA-ruhn)—”Exalted” or “High Mountain”

