



# **PLANNING FUN SABBATH & SOCIAL ACTIVITIES**

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# ICE BREAKER

Human Tic-Tac-Toe





# THE SABBATH IS A DELIGHT



## Isaiah 58:13-14 NKJV

<sup>13</sup> "If you turn away your foot from the Sabbath,  
From doing your pleasure on My holy day,  
And call the Sabbath a delight,  
The holy day of the LORD honorable,  
And shall honor Him, not doing your own ways,  
Nor finding your own pleasure,  
Nor speaking your own words,

<sup>14</sup> Then you shall delight yourself in the LORD;  
And I will cause you to ride on the high hills of the earth,  
And feed you with the heritage of Jacob your father.  
The mouth of the LORD has spoken."

## Mark 2:23-27

23 Now it happened that He went through the grainfields on the Sabbath; and as they went His disciples began to pluck the heads of grain. 24 And the Pharisees said to Him, "Look, why do they do what is not lawful on the Sabbath?"

25 But He said to them, "Have you never read what David did when he was in need and hungry, he and those with him: 26 how he went into the house of God in the days of Abiathar the high priest, and ate the showbread, which is not lawful to eat except for the priests, and also gave some to those who were with him?"

27 And He said to them, "The Sabbath was made for man, and not man for the Sabbath. 28 Therefore the Son of Man is also Lord of the Sabbath."



# WHAT IS GOD ASKING US TO DO?

He is asking us to enjoy this day that He made for us

He is not asking us to go through the motions of “Keeping the Sabbath” while our hearts are far from Him

He is asking us to keep it holy

He is not asking us to deprive ourselves of anything, but to indulge in what the Sabbath can offer that no other day can





# **TEACHING CHILDREN ABOUT SABBATH**

We need to show children  
how to celebrate Sabbath

Adventurers can help

Raise children to see the  
“cans” not the “can't”





# **SABBATH REST**

Physical and mental  
break

Preparation for the week

Spiritual revival





# **SABBATH FUN – WHAT DOES IT LOOK LIKE?**

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Worship

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Service

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His Word

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Activities

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Adventurers



## WORSHIP

- Have children participate
- Singing
- Story Time
- Sabbath School
- Children's Church/AY





## **SERVICE**

- OCC
- Homeless ministry
- Thanksgiving baskets
- Taking care packages to firemen/neighborhood friends
- Creating care package for the pastor
- Nursing Home



- Felt Boards
- Puppet Show
- Bible Videos
- Bible Trivia (Swords Up/Kahoot)
- Verse Memorization
- Reading the Bible at their level

**HIS WORD**







# ACTIVITIES

- Scavenger Hunt
- VBS Activities
- Art Projects |  
Journaling | Crafts
- Nature Walk
- Cooking/Baking  
Fun
- Biblical Movie
- Beach
- Picnics





# ADVENTURERS

Program Requirements are already Christ centered

Fun way for kids to spend time with Jesus and with their parents on Sabbath

You can include elements of Worship/Service/His Word/Activities in the program (Opening Ceremony, Service Projects, etc)

Awards can be modified to be Christ centered



## Gardener



Grade 2

1. Describe what a gardener does.
  2. Name three different types of gardens, and describe the items that grow in each.
  3. Name two gardens mentioned in the Bible.
  4. List at least three tools you need for gardening.
  5. Demonstrate how to use these tools properly and how to take care of gardening tools after use.
  6. Do one of the following:
    - a. Take care of a small plot of land, including planting, transplanting and cultivating flowers or vegetables.
    - b. Using window boxes, flower pots, milk cartons or cans, plant and care for three different plants.
    - c. Make a terrarium and care for it.
  7. Share a plant, garden produce or flower from your garden with your family or with a friend or neighbor.
- OR**
- Draw and color a picture of a flower to give to someone.



### Helps

1. A gardener cultivates the soil, plants seeds and plants, and feeds, waters, weeds, transplants, and cares for the garden.
2. Vegetable garden: foods such as peas, carrots, beans, etc. (it may also contain fruits such as berries and tomatoes).  
Flower Garden: bulb and seed flowers such as tulips or pansies.  
Herb Garden: plants for cooking such as parsley, thyme or mint.
3. Genesis 2:8; Eden; John 18:1 and Matthew 26:36; Gethsemane
4. Garden tools, such as shovel, rake, hoe, trowel, hose, wheelbarrow, and watering can.
5. Careful usage to prevent injury, such as never leaving tools face up where a person may step on or fall over them. Clean and store tools in a dry place.
6. Teach children to enjoy the feel of soil, the excitement of watching living things grow, and the responsibility to care for a garden by weeding and watering. Regarding "c," help the children select an attractive variety of plants for the terrarium.
7. Share garden produce, plants or flowers with someone.





## Builder



### Lesson 9

#### Gardener Award

1. Recite Philippians 4:8 and turn in Media Critic Award. Initial their homework #2 once they have recited the text.

2. Discuss with the children things that a gardener does. Get their answers before giving them the real definition.

- Answer: A gardener cultivates the soil, plants seeds and plants, and feeds, waters, weeds, transplants, and cares for the garden.

#### Read the story of the farmer

- A Farmer, eager to grow a fruitful plant, takes to his garden to prepare the soil. He tills and fortifies every square inch before selecting the extraordinary little seed that will soon take root there. Then He carefully creates a home within the ground and tucks that special seed in, warm and secure. Diligently, He waters it, allows the sun to shine on it, and keeps it from the threat of weeds. Day after day He nurtures the seed until it sprouts, develops blossoms, and one day bears beautiful fruit that will be shared with others...

<http://www.thevineva.org/discipleship/childrens-ministry/>

Explain they are like the seeds in this story and God wants to cultivate them into beautiful blossoms for His work.

3. Have the children name three different types of gardens, and describe the items that grow in each.

- Vegetable garden: foods such as peas, carrots, beans, etc. (it may also contain fruits such as berries and tomatoes).
- Flower Garden: bulb and seed flowers such as tulips or pansies.
- Herb Garden: plants for cooking such as parsley, thyme or mint

4. Name two gardens mentioned in the Bible. Have the children read the different texts listed below.

- Eden - Genesis 2:8, John 18:1
- Gethsemane - Matthew 26:36

5. List at least three tools you need for gardening.

- Answers: Garden tools, such as shovel, rake, hoe, trowel, hose, wheelbarrow, and watering can.



## Builder



6. Discuss with the children how to use these tools properly and how to take care of gardening tools after use.

- Answer: Careful usage to prevent injury, such as never leaving tools face up where a person may step on or fall over them. Clean and store tools in a dry place.
- Ask the Children "What tools can we use to grow our spiritual garden?"  
Answers: Prayer, Bible Study, fellowship, worship and service. <http://www.gci.org/disc/growing>
- Read Jeremiah 17: 7-8 and Psalms 1:1-3 <http://www.keyway.ca/htm2001/20010402.htm>
- Ask the children how they can grow in Jesus

A garden is a selected area of ground that is cultivated to produce fruits, vegetables, flowers or trees. Gardens were prevalent during Bible History, when they were often enclosed within a wall of earth or stone, or a hedge, and guarded by a watchman as protection against animals and thieves. Frequently used as places of worship and prayer (by the righteous, and by pagans), gardens were also used as a spiritual analogy for God's blessings upon believers, or for the unbeliever's fruitlessness.

7. Using small pot, plant and care for three different plants.

- Assist the children while they plant their seeds.
- Teach children to enjoy the feel of soil, the excitement of watching living things grow, and the responsibility to care for a garden by weeding and watering.
- Read the paragraph below while they are planting their seeds.
- Ask them how they think people are like plants.

A gardener knows that a plant needs the right environment, the right climate, the right amount of the right things in order to grow up strong and tall and healthy and give good fruit. They must have the right type of soil, the right kinds and amounts of foods and minerals in the soil, the right amount of sunlight, the right temperatures in the soil and air surrounding them, the right amount of water, etc. in order to thrive and do well. In other words they live in an environment and if that environment is friendly to them and warm and helpful and conducive to health they will grow up strong and healthy. If, on the other hand, they are deprived of this or that or they live in an environment that is poisonous to them they will grow up twisted and dwarfed and sickly or they will die.

<http://pages.prodigy.net/jmiller.cb/a075.html>

8. Draw and color a picture of a flower to give to someone.

- Give the children paper and encourage them to draw a picture of a flower to give to someone.

#### Homework:

My World 1a and b and "Pledge to Jesus"

Ask the children to discuss what they have learned today about plants and God's Garden and sign the pledge.





## DISCUSSION

- What Sabbath activities have you planned and implemented successfully?
- Have you planned Sabbath activities that didn't turn out as well as you had hoped?
- What Lessons Learned can you share?



# SOCIAL ACTIVITIES



Planning



Location Ideas



Resources Needed



Safety Precautions







# PLANNING

- Create a team
- Get board approval if not part of yearly calendar
- Know your resources and limitations
- Age appropriate
- Know the weather for outdoor activities, have a Plan B
- Advertising to the church (newsletter, announcements, bulletin, word of mouth)



Church grounds

Local Park

Recreational  
Venue  
(Trampoline Park,  
Mini Golf, etc.)

Church Member's  
Home/Grounds

Campground

Hayride

Beach

## LOCATION IDEAS





# RESOURCES NEEDED



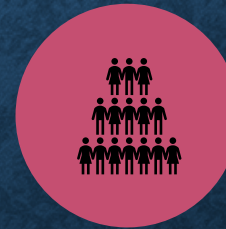
FOOD



TRANSPORTATION



FUNDING



VOLUNTEERS/CHAPERON  
ES



SUPPLIES





- Permission Slips Needed?
- First Aid Kit
- CPR Certification Needed?
- Ratio of Kids - Chaperones is appropriate
- Male & Female Chaperones
- Buddy System
- For large outings, everyone wear club t-shirts for easy visibility
- Make sure kids are aware of rules ahead of time

## **SAFETY PRECAUTIONS**







What did we learn?



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