

Jesus And The Sabbath

PRESCHOOL LESSON PLAN

Theme: Jesus is Lord of the Sabbath.

Scripture: Mark 3:4

Memory Verse: Is it lawful to do good on the Sabbath days, or to do evil? to save life, or to kill? - Mark 3:4

Get Ready: Click [here](#) to get your complete supply list for this lesson.

The Children's Sermon

You'll Need:

- A list of silly laws.

Do This:

SAY: Sometimes the people who make our laws get a little carried away and pass some very silly laws. I did some research on the Internet and found some examples of some of the silliest laws I have ever heard of.

- In Fairbanks, Alaska, it is illegal to serve alcohol to a moose. I wonder if it is legal to serve alcohol to a bear?
- There is a city in Arizona where it is illegal to drive a car in reverse. So, how are you supposed to get out of your parking space at the mall?
- There is a town in Minnesota where a woman can be arrested for impersonating Santa Claus. Hmm...I wonder if they can impersonate Mrs. Claus?

- In Oklahoma, people who make ugly faces at dogs can be arrested and put in jail or fined. I wonder if a bulldog can get thrown in the pound for making ugly faces at people?
- In Nicholas County, West Virginia, a preacher is not allowed to tell jokes from the pulpit. Uh-oh, I hope they don't think this sermon is a joke!
- In Morrisville, Pennsylvania, women need a permit to wear makeup. Oh my! I hope the makeup police aren't here this morning.

I think you will all agree that those are some pretty silly laws, but this is nothing new. Even back in the day when Jesus lived, they had some pretty silly laws. There was a group of religious leaders called the Pharisees who were keepers of the law of Moses and they believed that keeping the law was everything. They also believed that their own understanding and teaching about the law was the only correct teaching. Jesus was quite often opposed by the Pharisees and was accused of breaking the laws of Moses, especially the laws regarding the Sabbath. Today's lesson tells us about two times that the Pharisees accused Jesus and his followers of violating the Sabbath.

One Sabbath day, Jesus and his disciples were walking through some fields of grain. His disciples were hungry and began to break off some heads of grain to eat. The Pharisees saw it and said to Jesus, "Look, why are they breaking the law by harvesting grain on the Sabbath?"

Realizing the foolishness of the Pharisees to compare breaking off a few heads of grain to eat with harvesting the whole crop, Jesus answered them, "Haven't you read in the Scriptures what David did when he and his companions were hungry? He went into the house of God and broke the law by eating the sacred loaves of bread that only the priests were allowed to eat. He also shared it with his companions."

Then he said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath."

Another time, Jesus went into the synagogue and noticed that there was a man who had a deformed hand. Since it was the Sabbath, some of them were looking for a reason to accuse Jesus, so they watched to see if he would heal the man on the Sabbath. If so, they would accuse Jesus of working on the Sabbath.

Jesus said to the man with the deformed hand, "Come and stand in front of everyone." Then he turned toward his enemies and asked, "Does the law permit good deeds on the Sabbath, or is it a day for doing evil?" The Pharisees refused to answer him.

Jesus looked at them angrily and was saddened at the hardness of their hearts. Then he said to the man, "Hold out your hand." He held out his hand and Jesus healed him. Immediately left to go and meet with Herod to plot how to kill Jesus.

One of the ten commandments says, "Remember the Sabbath day by keeping it holy", but can you imagine a law so silly that you could not do a good thing like healing someone because it was the Sabbath? Surely that was not what God meant.

PRAY: Dear Father, help us to be faithful in following the teaching we find in your Word, but also help us to follow the example of Jesus in loving and caring for others. In Jesus' name we pray. Amen.

Bible Memory Verse

It is lawful to do good on the Sabbath. - Mark 3:4

You'll Need:

- A Bible with Mark 3:4 marked or written on a piece of paper
- A large piece of cardboard or paper
- Markers or crayons
- Stickers or other decorative materials (optional)

Get Ready:

Cut out a large outline of a person or use a picture of Jesus to represent him on the cardboard or paper. Write "Jesus is Lord of the Sabbath" at the top of the paper.

Do This:

- Read Mark 3:4 together with the children, emphasizing the words "Jesus" and "Sabbath."
- Ask the children to repeat the verse after you a few times.
- Have the children trace their hands on the cardboard or paper and cut them out.
- Help the children to write the words "Jesus" and "Sabbath" on each of their hand cut-outs.
- Decorate the cardboard or paper with stickers or other materials.
- Have the children lay their hand cut-outs on top of the cardboard or paper, with their thumbs touching to create a heart shape.
- Have the children glue or tape their hand cut-outs onto the cardboard or paper.
- Remind the children that just as their hands come together to make a heart, Jesus unites with the Sabbath to show his love for us.

- Hang up the finished art piece in a common area of the classroom or at home.
- Review the verse together before each meal or bedtime as a reminder that Jesus is Lord of the Sabbath.

Bible Interactive Experience

You'll Need:

- **Soft play dough (various colors)**
- **Small cloth pieces**
- **Animal figurines**
- **Printable picture of Jesus (simplified for preschoolers)**

Get Ready:

- Print out a simple, child-friendly picture of Jesus.
- Set up a small table or area where children can comfortably sit and play with the play dough and other materials.
- Lay out the play dough, cloth pieces, and animal figurines on the table.

Do this:

1. Give each child a piece of play dough and encourage them to create something they think represents rest or helping others, explaining that Jesus taught us to help and to rest.
2. Show them the printable picture of Jesus and tell them that Jesus is special because He is Lord of the Sabbath, which means He wants us to rest and be happy.
3. Let the children use the cloth pieces to make little beds or resting places for their animal figurines, teaching them that just like they are taking care of their animals, Jesus takes care of us and wants us to rest and be kind.

Jesus and the Sabbath Video Lesson

You'll Need:

- "Jesus and the Sabbath" video lesson
- Something to play the video

Do This:

Show them the video.

ASK:

- Is it always easy to help others? Why or why not?

Snack Activity: Sabbath Sheep Snack

You'll Need:

- Mini bagels
- Cream cheese
- Raisins
- Plastic knives

Get Ready: Spread a tablecloth on your snack table and place the materials in the center where all the children can reach.

Do this:

1. Give each child a mini bagel and help them to spread cream cheese over the bagel using a plastic knife. Explain that the cream cheese is like the goodness Jesus spreads in our lives.
2. Next, let the children place raisins on top of the cream cheese to create 'sheep' eyes and mouths. Share how Jesus, the Lord of the Sabbath, watches over us like a shepherd watches over his sheep, ensuring we're safe and cared for.
3. As they enjoy their snack, remind them that just like they are taking care of their sheep by feeding them (eating the snack), Jesus takes care of us, especially on the Sabbath, a day of rest and joy.

Game Activity: Sabbath Hop and Help

You'll Need:

- **Chalk**
- **Open space (like a driveway or a sidewalk)**
- **Pictures of good deeds (helping someone up, sharing toys, etc.)**

Get Ready: Draw a hopscotch grid on the ground with the chalk. At the start of each box, place a picture of a good deed.

Do this:

1. Explain to the children that Jesus taught us to do good and help others, especially on the Sabbath. Each picture represents a good deed that Jesus would be happy about.
2. Have the children line up at the start of the hopscotch. As they hop on each square, they pick up the picture and say a simple sentence about the good deed. For example, 'Help friends' or 'Share toys'.

3. Once they reach the end, they can say, 'Jesus loves when we help!' Then, it's the next child's turn. The game continues until all children have had several turns.

Craft Activity: Sabbath Day Helping Hands

You'll Need:

- **Construction paper (preferably blue or green)**
- **Safety scissors**
- **Glue sticks**
- **Markers or crayons**
- **Template of a hand (optional)**

Get Ready: If using a template, print or draw a hand outline on a piece of paper.

Each child will need one hand outline. If not using a template, prepare to assist children in tracing their own hands on the construction paper.

Do this:

1. Help each child trace their hand on the construction paper using the template or by tracing around their own hand. Assist with cutting out the hand shapes with safety scissors.

2. On the cutout hand, have the children draw or write ways they can help others, reflecting on how Jesus healed and helped on the Sabbath. For younger children, they can draw symbols or you can write for them as they dictate.

3. Discuss how Jesus is Lord of the Sabbath and how we can follow His example by helping others. Encourage the children to display their 'Helping Hands' at home as a reminder to be kind and helpful like Jesus.

Prayer Activity: Resting in Jesus' Care

You'll Need:

- **A small pillow or blanket for each child**
- **A picture of Jesus (illustration or printed image)**
- **Soft instrumental music (optional)**

Get Ready: Arrange a comfortable area in your classroom where children can sit or lie down with their pillows or blankets. Place the picture of Jesus where all the children can see it.

Do this:

1. Gather the children in the comfortable area and ask them to sit or lie down with their pillows or blankets. If using music, start playing the soft instrumental music to create a calm atmosphere.
2. Explain to the children that just like we need rest and have a special day to rest, Jesus is the Lord of the Sabbath, which means He wants us to have a special time to rest and think about Him.
3. Lead the children in a simple prayer, encouraging them to repeat after you: 'Dear Jesus, thank You for loving us and giving us a special day to rest. Help us to remember to take time to rest and think about Your love. Amen.'
4. After the prayer, allow the children to rest quietly for a few minutes, reminding them that this quiet time is a gift from Jesus, who cares for us and gives us rest.

Time to Praise God

You'll Need:

- **Song:** "Footsteps of Jesus"

[Words and Music \(pdf\)](#)

[MP3 Accompaniment Track](#)

- **Song:** "The B-I-B-L-E"

[Words and Music \(pdf\)](#)

[MP3 Accompaniment Track](#)

Lead children in singing "Footsteps of Jesus" and "The B-I-B-L-E".

Complete Supply List

- A list of silly laws
- A Bible with Mark 3:4 marked or written on a piece of paper
- A large piece of cardboard or paper
- Markers or crayons
- Stickers or other decorative materials (optional)
- Soft play dough (various colors)
- Small cloth pieces
- Animal figurines
- Printable picture of Jesus (simplified for preschoolers)
- "Jesus and the Sabbath" video lesson
- Something to play the video
- Mini bagels
- Cream cheese
- Raisins

- Plastic knives
- Chalk
- Pictures of good deeds (helping someone up, sharing toys, etc.)
- Construction paper (preferably blue or green)
- Safety scissors
- Glue sticks
- A small pillow or blanket for each child
- A picture of Jesus (illustration or printed image)
- Soft instrumental music (optional)

[Back to the top](#)