

DELIGHTFUL SABBATH

British Union e-Award



Presented by: Elizabeth Iheoma
North England Conference, BUC

Adventurer Name: _____

Date completed: _____ Signed: _____

Read **Exodus 20:8-11**, **Isaiah 58:13-14**, and **Isaiah 66:22-23** and answer the following:

a. What day of the week is Sabbath?

b. What is the **first** word of the 4th Commandment?

c) **Whom** does the 4th Commandment say created everything?

d). Will the Sabbath ever cease to exist? **Explain**

e) Based on what you read, why should we look forward to the Sabbath?

2. Decorate a Sabbath box and place items inside that will help make your Sabbaths more enjoyable. Some examples are:

- a. Bible stories books
- b. List of Sabbath activities
- c. Clay or play dough to illustrate Bible stories
- d. Christian activity books
- e. Your ideas

I will put the following in my Sabbath box:

(Draw or add pictures of what will go in your Sabbath box.)



3. Complete two or more of the following projects that can be added to your Sabbath box:

- a. Start a mini scrapbook or photo album to save special Sabbath pictures and memories in.
- b. Make a Sabbath banner.
- c. Start a Sabbath sermon sketchbook to record notes and small drawings for at least 2 sermons that you attend.
- d. Decorate a small votive candle holder with beads, gems, or other embellishments to be used on Friday night to welcome in the Sabbath.
- e. Make a Sabbath door hanger to use as a reminder of Sabbath.
- f. Make a Sabbath/Creation-themed mobile with colourful beads and nature items

Project 1_____

(Draw or add a picture of your finished project)

Project 1_____

(Draw or add a picture of your finished project)

4. Tell a friend some of your favourite things about Sabbath and show your Sabbath box to them.

What did you share with your friend?

5. Have a "Welcome Sabbath" get together on Friday night with some friends, Adventurer families, or your own family at home.

What did you do during your "Welcome Sabbath" get together? Do you have a picture?