

THE TWINS

CAMPING



Family Worship
Workbook

- SABBATH -

"CAMPING"

Parent Worship Questions

Worship ideas for Fundamental 20 – SABBATH

For Parents (From God loves me 28 Ways for kids)

- The Sabbath is the seventh-day of the week. God calls it holy because it is the day He blessed and rested on after creating the world in six days. (Genesis 2:1-3)
- God calls the Sabbath a 'sign' between Him and His people. It is a covenant based on God's love for us (Exodus 31:16; Deuteronomy 7:7-8)
- God's holy Sabbath begins at sundown on the sixth day and ends at sundown on Sabbath evening. (Genesis 1:5)

Start with the end in mind

- *Children are to know that Sabbath is a special day for them to be with Jesus and their family.*
- *Sabbath is a special day to worship and help others.*

Using the Tuis Video - Worship Objectives

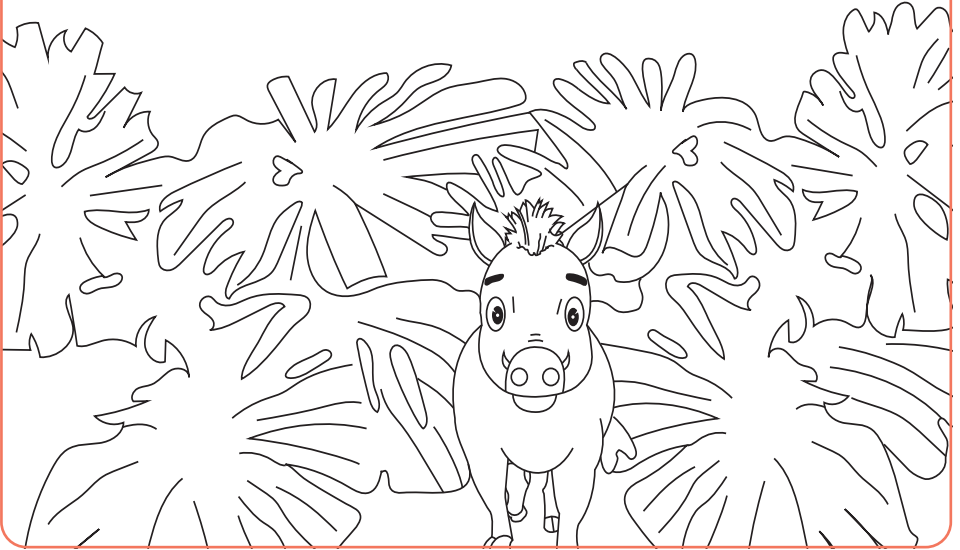
- Sabbath is a special day to spend time together as a family (Note all the things the Tui family do together; travel; eat, sing/worship, roast marshmallows [relax together]; talk with each other and they reflect on the willingness of their father to sacrifice his life for His family.)
- Jesus loved us (humanity) so much that He set aside a special time for us to be together with Him - worship through shared experiences and music (The Tui family Going away on a camping trip-special place/church/different setting to everyday)
- Sabbath is a day where we put aside the 'everyday' distractions and REST i.e. do something different (On Sabbath we, like the Tui family need to be unplugged from the hectic lifestyle of mobile phones, comic books so we can engage with nature and human relationships - especially parents spending time with their kids).

For parents with their kids

Basic Recall Questions (Use only a couple to get the kids engaged)

1. CAN YOU REMEMBER?

A What was the first thing you saw when the video started?



B What was the first thing you heard when the video started?



Colouring in can be a nice calming activity to do while having a discussion.



- C** Can you remember three things the family did together in this video?



- D** How many musical instruments do you see in the video?



(A) Bush

(B) Ukulele playing and a voice singing

(C) Travelled together in the car, ate a meal together, roasted marshmallows together, sang a song together.)

(D) two - ukulele & drums

2. DO YOU THINK?



(A) (No) Why not? What clues in the video suggest this? (The reactions and excuses that Lome and Jonathan gave their father when Sefa told them they were going camping/ they get lost going to the camping site which means they don't read maps well - a skill you develop if you camped every day / Lome wants 24/7 Wi-Fi access for social media, which is something she wouldn't be craving for if she was used to camping every day/ Jono would also not be constantly reading his comic book.)

(B) (Yes) Explain your answer. (Children: There are times when we need to put away our devices and books so that we can spend good quality time with our parents and each other.)

While this can be done any day of the week, the Sabbath gives us a special opportunity to do this even more.)

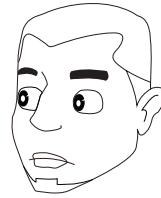
Parents or Guardians: We need to find space in our busy schedules to create experiences that help us connect as a family and protect each other from the bombardment of media, social media, and other sources of distraction. Do something to build up family relationships, if not every day, at least during the Sabbath hours so our relationships with God and each other can improve.)

3. WHO SAID THIS & WHY?



A

Don't worry Jono, as long as you've got me around, you're safe



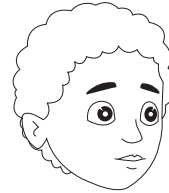
Sefa

B

I'm just glad you're all safe – I love you guys.

C

What do you wanna do?



Jonathan

D

Could you stop it with the phone for one second!

E

I have loved you with an everlasting love; I have drawn you with unfailing kindness.



Marcia

F

If I go up to heaven, you will be there. If I go down to the place of death, you will be there."

G

When I go to bed, I sleep in peace, because, Lord, you keep me safe.



Bible

- (A) (Dad/Josefa said it when he saw how his family were all bracing themselves against the inside of the van afraid of the wild pigs. He does this to assure them that as their father/ husband, it was his role to protect them from dangerous situations.)
- (B) Dad/Josefa said it after he rescued the family from an attack by an angry boar/pig
- (C) Jono said it after Sefa had rescued them from the attack) Why did he say this? (Because now he wanted to spend time doing what his father wanted to do when he realised his father had risked his life to save him and the rest of the family. In return Jono now wanted to spend time with his dad (his hero), unlike before the attack when he didn't want to spend time doing things with his dad. Instead he was so focussed on his comic book hero.)
- (D) (Marica said it to Salome who was documenting everything and putting it up on social media. Her constant need to upload the family's issues on social media was getting to Marica at that particular time of stress. Marica says this to let Lome know there we certain times [e.g. a family going through a crisis] when she needed to take a break from the phone and her constant need to have 'likes' on her page.
- (E) (the Lord/Jesus said it to assure His people of how much He loves them.) "Your Spirit is everywhere I go. I cannot escape your presence. If I go up to heaven, you will be there. If I go down to the place of death, you will be there." (The Lord/ Jesus said it in Ps 139:7-8 to assure us that like Josefa, He always around us to keep us safe.)
- (F) (The Lord/ Jesus said it in Ps 139:7-8 to assure us that like Josefa, He always around us to keep us safe.)
- (G) (King David in Psalm 4:8. He was expressing his experience with God who like Josefa, keeps us safe, even we're sleeping and totally unaware of what's happening around us.)



Discovery Bible Reading

Just in case you wanted more

Read

Mark 3:1-6 (Jesus heals on the Sabbath). Read this story through twice

Retell

Have someone in the family retell the story in their own words

Discuss

1. What is something new you find in this story?
2. What surprises you?
3. What don't you understand?
4. What will you obey or apply?
5. What will you share with another this week?

E.G. White quotes

By [keeping] the Sabbath the Israelites were to be [different] from all other nations as the worshipers of the true God, the Creator of the heavens and the earth." (The Southern Watchman, June 28, 1904 [*This quote comes from Bible Adventures for Young Readers: Lesson 20, God's Special Day*])

It is the presence of Christ in the Sabbath that makes it a Sabbath day, a rest day, that is, spiritual rest. (Christ and the Sabbath, p17)

The Sabbath is a sign of creative and redeeming power; it points to God as the source of life and knowledge; it recalls man's primeval glory, and thus witnesses to God's purpose to re-create us in His own image. (Education, p 251)

God saw that a Sabbath was essential for man, even in Paradise. He needed to lay aside his own interests for one day of the seven. He needed a Sabbath to remind him of God and to awaken gratitude because all that he enjoyed came from the hand of the Creator. (From Eternity Past, 19.1)

On Friday let the preparation for the Sabbath be completed... Before the setting of the sun let all secular work be laid aside...Parents, explain your work and its purpose to your children, and let them share in your preparation to keep the Sabbath according to the commandment. (6T, p355)

PUZZLES

1. WORD SEARCH

Circle as many words as you can!

T O G E T H E R W A J M
F R S T A S P A O O E O
A O A S T I T H R E S T
T A T V H E T H D A U H
H D U S E A R D T J S E
E G R F B L S I S T E R
R O D B I B L E J N V F
W R A S P E C I A L E A
N S Y S I N G I N G N M
B P A C A M P I N G T I
B R O T H E R E A E H L
J O U R N E Y A N P A Y

Word List

Sabbath	Travelling	Worship
Family	Special	Singing
Jesus	Saturday	Rest
Camping	Brother	Sister
Mother	Father	Together
Road	Journey	Bible
Word	Seventh	



Now say a short prayer praising God for inventing the Sabbath. You may like to use some words from the Word Search in your prayer OR you might like to talk with Jesus in prayer using words similar to the one below:

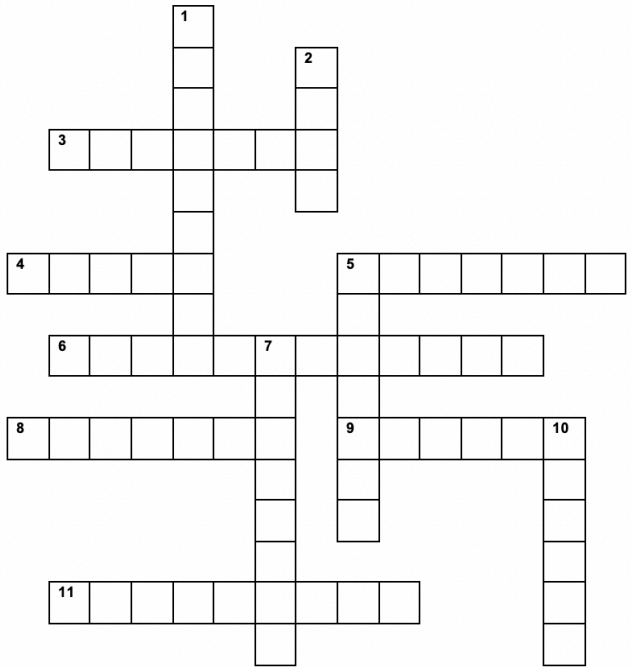
"Thank You, God, for creating the Sabbath as a sign that You are the Creator of everything. Each week I'm going to celebrate Your love for me by keeping Your Sabbath holy. Amen."

[This prayer is copied directly from "God loves me 28 ways; Bible Adventures for Young Readers: Lesson 20, p4 of the brochure]

2. CROSSWORD



Now spend a little time with our Friend Jesus Christ, who is the One that made up the idea of having the Seventh day Sabbath, to ask Him for help to find ways that connects your family to Him more intentionally during the Sabbath hours from sunset on Friday evening to sunset on Saturday evening.



Across:

3. Name of the instrument that Sefa plays as he sings in the Tui Van on the way to the campsite.
4. According to Sefa, what do pigs hate?
5. Sefa tells Jonathan not to be afraid because deep inside he is a _____ that is "waiting to be unleashed."
6. What was the one thing Marica forgot but the rest of the family remembered to take camping?
8. Maria told Lome, "You don't need _____ to look beautiful."
9. What comes out of the bush when Jonathan throws a stone into the darkness?
11. Name of the hero in Jonathan's comic book.

Down:

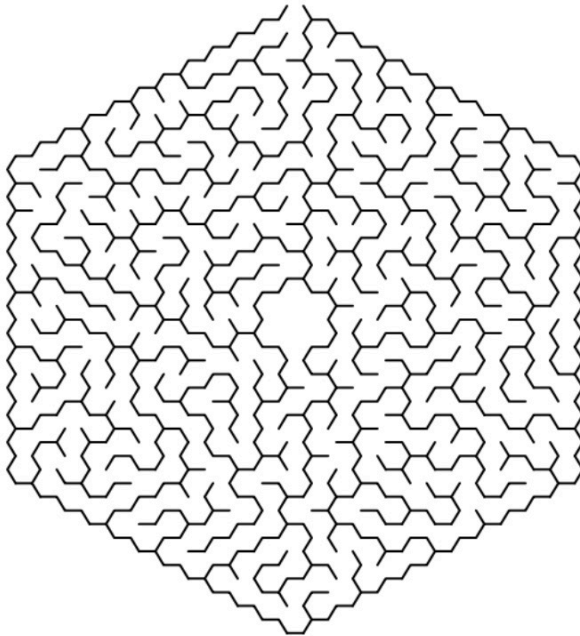
1. Lome claimed she was too busy uploading content for her _____, so she couldn't help her dad to set up the tent.
2. What destroys the tent?
5. What type of animal attacks the family?
7. Name of the insect which Jonathan sprays with insect repellent before getting out of the van.
10. Who is the only one that helps Sefa set up the tent (Hint: His full name, not the abbreviated form)?

3. MAZE

Start from the top of the maze and draw a line which shows the path to reach the centre.

Once you reach the centre of the maze, think about how this maze is like life during 6 days of the week and how the 7th day of the week allows us to find a place of rest, like the centre of this maze. The Sabbath (the centre), is where we can find a safe place away from all the things that demand our attention during the week.

On the Sabbath, we have a chance to give our full attention to God, healing our family relationships and helping others in need. During this special day designed by God, we can leave behind un-Christlike behaviour, make things right with our relationships and be reminded of what God's way of life is all about so we can start afresh the next week to be more like Jesus.



Now ask God in prayer to help you put away things that try to stop you from getting ready for spending the Sabbath Day focussed only on Him and helping others to see what He's really like. Ask for His help to show His love in practical ways during the week and then to show it even more on the Sabbath.

4. CODE BREAKER

Sabbath was Jesus' favourite day. Solve this puzzle and you will find out what He taught about the Sabbath.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Clues:

1) Jesus went to this place on Sabbath (Luke 6:6):

8 9 4 23 10 26 10 7 25

2) When we worship Him on Sabbath we remember Him as our _____. (Exodus 20:11)

5 16 25 23 19 26 16

3) The Sabbath is also called a day of _____ (Gen 2:2)

16 25 8 19

4) Jesus once went to the house of a Pharisee on Sabbath to _____ (Luke 14:1)

25 23 19

5) The first person created on Friday before Sabbath (Gen 1:27,31; Gen 2:20)

23 2 23 20

6) We will also worship the Lord every Sabbath in this place (Isaiah 66:22-23)

12 25 23 14 25 4

7) Jesus also did this on Sabbath. (Luke 6:6)

19 23 7 10 12 19

8) Jesus said that He was the _____ of the Sabbath. (Matt 12:8)

1 26 16 2



Now pause to spend time talking to God in prayer asking for His help to make the Sabbath your favourite day and to do things on the Sabbath which Jesus did or taught about the Sabbath.

5. WORD SCRAMBLE

What are Sabbath activities that can help us to focus on God more and to help others in our communities to see how good He is?

Unscramble the words in brackets, to give you the answers to the question.

1. Spend time [ISRINAPEG] _____ [USESJ] _____ for [SAINGV] _____ us all from the results of sin.
2. Attend worship with others at [CRHCHU] _____.
3. Go for a [TNAREU] _____ [AWKL] _____ with family and friends, pointing out things that remind you of God and sharing your reasons for your observations.
4. [IIVST] _____ those that are [CKIS] _____ in the [SITOAHP] _____ or at [EMOH] _____.
5. Arrange to visit [PELLDOEPO] (2 words) _____ _____ to [RYPA] _____ and [GNIS] _____ with them.
6. Put away your devices and spend time together doing some [MALFYI] _____ [IITECVAIST] _____.
7. Spend time in [ILBEBDYTUS] (2 words) _____ _____ alone or with family and friends.
8. Make up food parcels & other things to [DEEFNGHRUY] (Two words) _____ _____ people in our communities



Now ask God for His help to choose at least 1 new thing to do this next Sabbath which will help you focus on Him more while helping to bring healing or peace to the lives of those in your community that need to be introduced to Jesus Christ.

FAMILY CHALLENGE

(Choose 1 or 2 you might like to do as a family this week)

- Make a list of activities in which Jesus took part on the Sabbath (the Bible mentions that He healed people, told stories, read from the Bible, shared food with others, etc.). Then list some Sabbath activities of your own as a family which would be similar today, using Jesus as your example. Be creative and have fun.
- Make a list of things you will do as a family to prepare for Sabbath on Friday. Then write down how you felt when everything was ready by Friday sunset. *[These first 2 came from "God loves me 28 ways: Seventh-day Adventists believe for kids pg. 51].*
- Take photos of your Sabbath activities that you chose from your list generated in the first point above and create a collage to put on a Family Calendar for the next year. Maybe you can match the photos with the month you did it this year and use it as a visual reminder for the same month's photos next year.
- Here are websites that give suggestions for fun and worshipful ideas for Sabbath:

<https://www.adventistreview.org/1607-48> -

An article by Linda Mei Lin Koh, General Conference Children's Ministry Director.

<https://avirtuouswoman.org/making-sabbath-delight/> -

Gives 100 different ideas for making Sabbath a delight!

<https://www.adventistbookcenter.com/52-things-to-do-on-the-sabbath.html> - Has a book by Glen

Robinson called "52 Things to Do on the Sabbath" which has a list of ideas to use.



- **Parents** - you might like to read through the official statement for the SDA Church about Sabbath Observance. Refer to the link below:

<https://www.adventist.org/en/information/official-statements/documents/article/go/-/sabbath-observance-1/>

- Memorise at least one of the Bible verses in this worship resource, using "Glue Art" (explained on the App). For older kids maybe you could make up a tune for that Bible text. If someone in the family knows how to edit it and share it on You Tube, this could be a tool to share the Sabbath truth with others. This would of course be a great Sabbath afternoon or Friday night activity to do as a family.
- Create a family tradition or two that you can use to welcome in the Sabbath hours. It will help to create a worshipful atmosphere in your family and help establish in your family's hearts, the uniqueness and beauty of the Sabbath day. Here are some sites you could use and adapt to your situation.

<https://www.adventistreview.org/1612-58>

<https://kindredgrace.com/our-family-sabbath-tradition/>

<https://www.ministrymagazine.org/archive/1986/06/making-sabbath-special>

- Useful links that helps us to explain the Sabbath truth for young people. <https://www.youtube.com/>
- Useful links that helps us to explain the Sabbath truth for young people. <https://www.youtube.com/watch?v=EvdhuVUFN6g> - The Truth about the Lord's Day by Amazing Facts Ministries Canada - 9.5mins. Animated video clip.

During family worship, you can discuss any of these questions: Choose the questions you think would work for your family - or create your own questions.

- 1) Do you think it's important for us to take a special day to remember? Explain your answer.
- 2) Do you think animals need a Sabbath? Explain your answer.
- 3) When you think of the word freedom, what is the first picture that comes to your mind?
- 4) What do you think people are slaves to today?
- 5) Why do you think God invented the idea of Sabbath?
- 6) What are some ideas you have for making the Sabbath a celebration?
- 7) Why do you think Jesus chose the Sabbath day to do so many of his healings?
- 8) Do you think God got it right when He asked us to take a day off from earning more money or doing more study?

- 9) What do you think Jesus meant when He said that the Sabbath was made for man rather than man for the Sabbath?
- 10) If you were to make an advertisement for the Sabbath what would be your top three points?
- 11) What do you think your family could do to take better care of the environment?
- 12) What ideas do you have for making Sabbath special? How might you be able to make a difference for someone in need this Sabbath?
- 13) What can you do to show your family that they are special this coming Sabbath?

[These questions come from Connecting with God 28 Ways: Children's Evangelism Series pp 115, 116, a resource from Julie Westlake.

Explanation on the App of the 'Glue Art' activity

Supplies:

- A large piece of coloured poster board for each child
- Pencils and erasers
- Thick glue in easy-to-squeeze containers
- Wet wipes to mop up excess glue and correct mistakes
- Glitter or coloured sand
- Protection for clothes, tables and floor.

Instructions:

- 1). Write the Bible verse in clear letters on the poster board. Older children can manage this for themselves. Use pencils so mistakes can be erased.
- 2). Give each child a bottle of glue and show them how to squeeze the glue carefully over the pencil letters as if they were writing with the glue.
- 3). Leave the glue to dry a little so it won't run and drip and then let the children sprinkle glitter or coloured sand over their words.
- 4). Leave the letters for a few more moments and then pour the excess glitter or sand into a pot so it can be used another time. If the children are using a variety of colours, let them use one colour at a time over different sections of the verse so the excess can be collected as separate colours and reused.

Other ideas:

- Add beads, pressed flowers or other items that suit the theme of the texts.
- Use seeds, such as alfalfa seeds, instead of glitter or sand for texts that talk about seeds. If you use seeds, be mindful of children with seed and nut allergies and do not use any seeds that could be harmful to the children.





SONGS

"His Time is Our Time" - by the Abide Ministry. This is in Disc that goes with the "Connecting with God 28 ways: Children's Evangelism Series" Resource from Julie Westlake.

Here are the lyrics of the song

His Time is Our Time

I have a brother and sister and also Mum and Dad,

Sometimes they come and go so much it makes me kind of sad,

But I look forward to the times when Mum and Dad will say,

We want to spend some special time alone with you today.

And we call it God's time,

We call it God's time.

Time to sing His praise, God's time,

Just God and me time, time to learn of His ways,

He'll never have to say too bad, today is not your time.

He is God and I am His child.

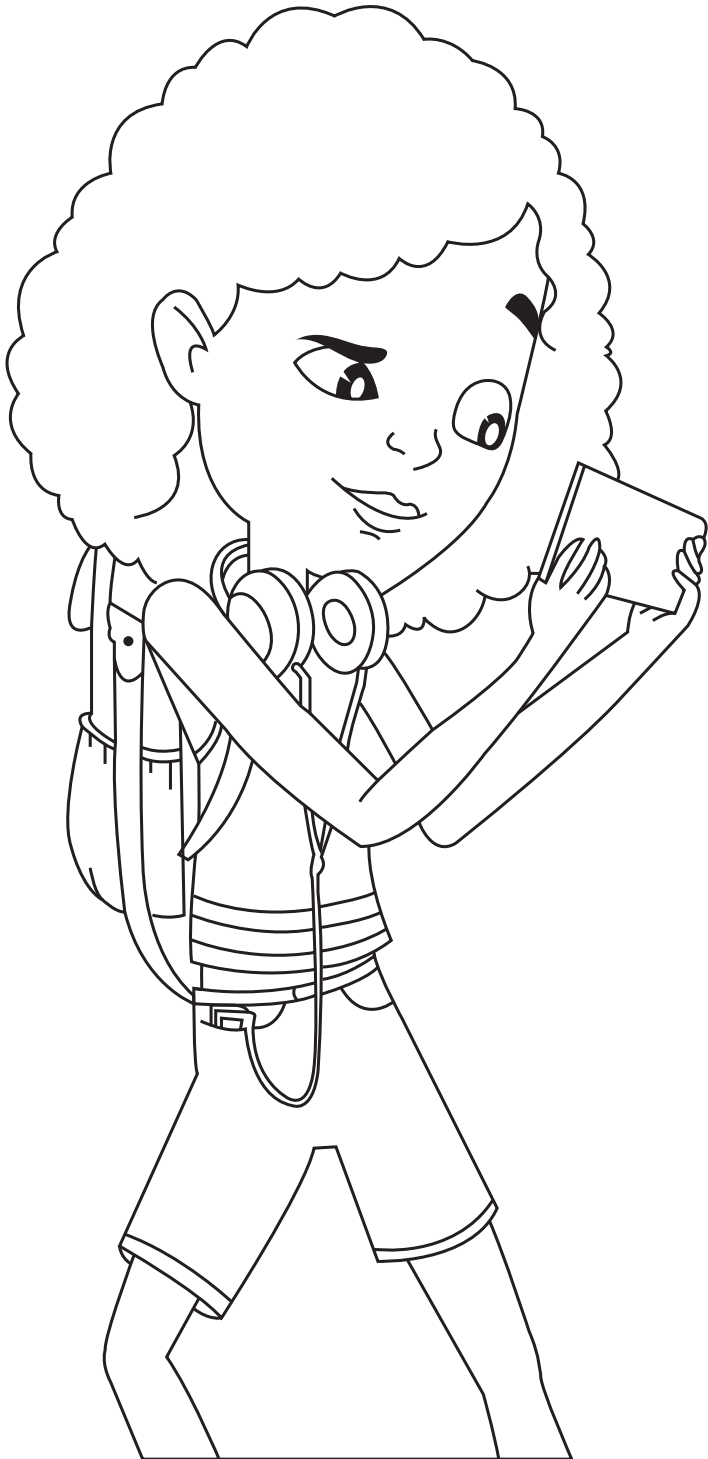
The Sabbath is, it always is, God's time.

My time, Our time.

DVD Song # 20. 'We Worship You' - which is on the Abide Ministry DVD that goes with the "Connecting with God 28 ways: Children's Evangelism Series" resource.

Other songs on YouTube include the following:

- ▶ <https://www.youtube.com/watch?v=rQFKPd8hc0>
- "Temple made of time" by the Bond Family on 3ABN"
- ▶ <https://www.youtube.com/watch?v=Y6LBYMOC1JE>
- "Write them on my heart".
- ▶ <https://www.youtube.com/watch?v=fSJMnMRou>
- "Holy Time" - song that welcomes in the Sabbath"
- ▶ <https://www.youtube.com/watch?v=NM8ZOHtDFw>
- "Sabbath Song" by Jana Alayra.
- ▶ <https://www.youtube.com/watch?v=B5TuRTNHAnU>
- "The Sabbath Song by Derrol Sawyer - Aimed at parents.
- ▶ <https://www.youtube.com/watch?v=2XWeNvn2EtU>
- "Sabbath Day" by a Filipino group called The Asidors.
- ▶ <https://www.youtube.com/watch?v=k7gnbMysHI>
- "The Sabbath Song" Children Ministry East Rand Camp Meeting.
- ▶ <https://www.youtube.com/watch?v=JNJXnZzc9g>
- "Don't forget the Sabbath" by Fountainview Academy.
- ▶ <https://www.youtube.com/watch?v=rjP5ZuauBR4>
- The Sabbath" by Pillars of our Faith.



4. CODE BREAKER

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
2	1	5	2	2	1	1	1	1	1	2	1	2	4	2	1	2	1	8	1	7	1	2	6	9	3
3	1		5	3	0	2	5	8	1		0			6	7	2	6		9	4	4				

1) S Y N A G O G U E
8 9 4 23 10 26 10 7 25

2) C R E A I O R
5 16 25 23 19 26 16

3) R E S I
16 25 8 19

4) E A I
25 23 19

5) A D A M
23 2 23 20

6) H E A V E N
12 25 23 14 25 4

7) I A U G H I
19 23 7 10 12 19

8) L O R D
1 26 16 2

5. Letter Tiles

1. Spend time PRAISING JESUS for SAVING us all from the results of sin.
2. Attend worship with others at CHURCH
3. Go for a NATURE WALK with family and friends, pointing out things that remind you of God and sharing your reasons for your observations.
4. VISIT those that are SICK in the HOSPITAL or at HOME
5. Arrange to visit OLD PEOPLE to PRAY and SING with them.
6. Put away your devices and spend time together doing some FAMILY ACTIVITIES
7. Spend time in BIBLE STUDY alone or with family and friends.
8. Make up food parcels & other things to FEED HUNGRY people in our communities.



Seventh-day
Adventist Church

South Pacific

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