

# MOMENTUM YOUTH BIBLE STUDY SERIES

THE CHRONICLES OF JENIAH & URIAH  
#20 - THE SABBATH  
“TRYOUTS”





**T**hey heard him screaming down the hallway. “I made the team!!!” he exclaimed. “I was the only freshman to make the varsity team!” He yelled as if his friends weren’t two feet away. “All my life I’ve been waiting for this moment and now it is here!”

“Varsity? Congratulations!” Jeniah replied. “I knew you had game! I’m so proud of you. I’m shocked that you told the team about what the Bible says about the Sabbath. You’ve always been so courageous!”

“Yeah that was a hard one” he said. “I wasn’t sure how coach was going to respond. At first, I didn’t know what to say, so I left it alone. I was so focused on making the team, I didn’t want to spoil the moment.”

“I told myself, it’s not that deep. He will see my game and know that he needs me. And who cares if I play on the Sabbath anyway? It’s just a day!”

“Is it really?” Jeniah asked as if she knew there was more. “I know basketball means the world to you, but remember what Uncle Van said about this world? God is preparing something better for us. He wants us to be witnesses down here for Him.”

“You know, you’re right. After the first practice, I told myself I’m going to stand up for what I know is right and I went to talk to the coach. He said he respected my decision and would be honored to have a young man of integrity on his team. He asked me a few questions and I realized I need to know more of what the Bible says about the Sabbath. I’ve heard it before in sermons, but I’ve got to know it for myself!”

**In this lesson we will delve into the topic of the Sabbath. What was it intended for and how does it impact our lives?**

1. “Remind me, what’s so special about the Sabbath again?”

Ezekiel 20:12 - “Also I gave them my \_\_\_\_\_ as a sign between us, so they would know that I the Lord made them \_\_\_\_\_.”

“The Sabbath is a sign of sanctification – a big word that means we are in a special relationship with God. It demonstrates our connection to God.” And Exodus 31:17 (It will be a sign between me and the Israelites forever, for in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed,) reveals that it is a sign between God and His children forever.

2. “Isn’t the Sabbath just for the Jews?” Uriah asked. The Jews kept the Sabbath, and many today still do,” Jeniah replied. “But a close look at the Bible lets us know that the Sabbath was given in the Garden of Eden **before** there were any Jews, and before sin!”

Genesis 2:2-3 – (By the seventh day God had finished the work he had been doing; so on the seventh day he \_\_\_\_\_ from all his work. Then God blessed the seventh day and made it \_\_\_\_\_, because on it he rested from all the work of creating that he had done.) “Oh!” Uriah exclaimed. “So the Sabbath was around before the Law! I think I’m getting this now.”

3. “But when does the Sabbath begin and end?” asked Uriah. “Great question. Just like the other days in the Creation week, Sabbath starts sundown Friday to sundown Saturday. Sometimes the Bible calls it an evening and a morning. It’s an entire 24-hour period where we can focus on God and His creation.”

Genesis 1:13 “And there was evening, and there was morning—the third day.”

4. “So I can’t wait for heaven. I can do what I want. I can play ball every day of the week!” exclaimed Uriah. “Not quite,” his cousin replied. The Bible says even in Heaven we will be able to spend quality time with Jesus each Sabbath.” “So even in Heaven we will keep the Sabbath?” asked Uriah. “Exactly!” Jeniah shouted.

Isaiah 66:23 – “From... one Sabbath to another, all mankind will come and \_\_\_\_\_ before me,” says the Lord.”

5. “Ok. This is starting to make sense. But I heard my friends saying the Sabbath was in the Old Testament. Is that true?” Uriah inquired. “Actually, it isn’t. Jesus himself said He was Lord of the Sabbath (Matthew 12:8 - For the Son of Man is Lord of the Sabbath.)” The Bible even tells us that He went to church on Sabbath. (Luke 4:16. He went to Nazareth, where he had been brought up, and on the \_\_\_\_\_ day he went into the synagogue, as was his custom. He stood up to read.) “Jesus in church?! I bet no one slept during his sermons!” Uriah said as they laughed together.

6. After a brief pause, Jeniah said, “I used to think that after Jesus died, His disciples changed the Sabbath.” “Nope, I remember Pastor Tracy preaching about this,” Uriah said brimming with pride.

Acts 13:42-44 says Jesus’ disciples and the new believers all worshiped on the Sabbath. As Paul and Barnabas were leaving the synagogue, the people invited them to speak further about these things on the next Sabbath. When the congregation was dismissed, many of the Jews and devout converts to Judaism followed Paul and Barnabas, who talked with them and urged them to continue in the grace of God. On the next Sabbath almost the whole city gathered to hear the word of the Lord.

7. “Okay... I must have been asleep when they went over that in church.” said Jeniah. Then Uriah said, “Still, I have one more question. How do we know that Saturday is the Sabbath? What if someone tricked us and changed the calendar?” “I thought the same thing until I looked at the crucifixion story”, Jeniah replied. . “What day did Jesus die?” “That’s easy, Friday!” “Correct” “What day did He rise from the tomb?” “Sunday! Duh!” “Ok smarty pants. Look at Mark 16:1 and tell me what day had passed when Mary, Mary, and Salome went to finish anointing Jesus’ body?” (When the \_\_\_\_\_ was over, Mary Magdalene, Mary the mother of James, and Salome bought spices so that they might go to anoint Jesus’ body.)

“The Sabbath!” “Whoa! I never saw that before!”

8. “Now, I have a question for you Uriah. Since Jesus died to demonstrate that He loves us, we show that we love Him when we...? I’ll give you a hint, it is found in John 14:15.”

(“If you love me, keep my commands.”)

“Keep His commandments?”

“Exactly! John 14:15.”

9. “What am I supposed to do on the Sabbath?” – Look at the story of Jesus healing the blind man

John 9:14 - Now the day on which Jesus had \_\_\_\_\_ the mud and opened the man’s eyes was a Sabbath.)

“ We should be a blessing to others. The Sabbath was designed for rest, but not just sleeping! On Sabbaths, we have an opportunity to treat others the way God treats us. Each Sabbath we should rest and help others rest as well!” said Jeniah.

10. “Okay, so now it is making sense. In my Spanish class, we were learning the days of the week. Sunday was Domingo and Saturday was Sabado. It sounds just like the Sabbath in the Bible.

“Now you are getting it! Since Adam and Eve, people have had thoughts that they could change Gods’ law, but they learned the hard way that God knows what’s best.”