

## AND ON THE SEVENTH DAY

Lucille faces a dilemma when the scaleball championships are scheduled for Sunday mornings. What will she do?

### Let's Get Started

**Episode Theme:** The 4th Commandment. Resting Day.

1. In [Exodus 20:8-10](#), God instructed the Israelites not to do any work. Why do you think he made this law? What were they supposed to do instead of working?
2. In [Genesis 2:2-3](#), we read about the first Sabbath day. God created the world in six days. Only he is powerful enough to create something from nothing. He is so powerful that he spoke the universe into existence with just his words. He certainly wasn't tired when he was finished, and he didn't need a rest. But he set aside the seventh day as a day of rest. He gave the day a special meaning and a special purpose: It was to be an example for humans to follow so they would take one day a week and think about God and all he does for them. As you listen to this episode, think about how important it is to focus on God and remember all he's done for you.

### Memory Verse

<sup>8</sup> Remember that the Sabbath Day belongs to me. <sup>9</sup> You have six days when you can do your work, <sup>10</sup> but the seventh day of each week belongs to me, your God. No one is to work on that day—not you, your children, your slaves, your animals, or the foreigners who live in your towns.  
**Exodus 20:8-10**

### After You Listen

In this episode, Lucille wrestles with playing Scaleball on Sunday, while Liz goes overboard trying to make the clubhouse honoring to God.

In the Old Testament, God gave the Israelites a set of rules. Some of these rules, known as the Ten Commandments, can be found in [Exodus 20:1-17](#). The fourth commandment instructed the Israelites not to do any work on the Sabbath (Saturday). Instead, they were supposed to use the day to honor God. After Jesus Christ died and rose again, those who trusted him began meeting on Sunday instead of Saturday ([Acts 20:7](#)). They would no longer be punished if they didn't rest one day a week, but they still understood how important it was to set aside a time to honor and worship God.

Want to dig deeper and learn about finding rest with God? Read [Psalm 23:1-2](#), [Psalm 62:1](#), and [Matthew 11:28](#).

### Challenge

Do you like to hang out with your friends on Sundays? That's fine. How about asking your pastor if there's a project you can tackle that will honor God? Maybe there's work around the church, or maybe someone in the neighborhood needs help around the house. Use the time to be with friends AND honor God. Invite your parents and brothers and sisters along too!

## Take the Episode Quiz

**Question 1:** What's the name of the sport that Lucille was playing?

**Answer:** Scaleball.

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**Question 2:** On what day was the championship game scheduled?

**Answer:** Sunday.

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**Question 3:** What did Grandpa think about that?

**Answer:** He didn't like it.

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**Question 4:** What did Liz ban at the clubhouse?

**Answer:** Rubber band wars and reading Drew Hardy books.

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**Question 5:** Where did the kids end up playing?

**Answer:** At Granny's.

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