



# KID for Teens: Leader's Guide

# Delight

As Adventists we know all about why we keep the Sabbath, and how to keep the Sabbath. But God really wants us to enjoy the Sabbath so much that we call it the most delightful day of the week!

# 31



## You will need:

### Icebreaker:

- A large bag of balloons – assorted colours
- A bag of red heart-shaped balloons (or use ordinary red balloons instead)
- A bag of dried beans
- Permanent marker pens (so that they won't wipe off the balloons onto your hands)
- Sealable food bags or other small bags
- A device to blow up balloons if you are lacking in puff!
- Copies of the Busy Balloons instruction card – 1 per group

### To Prepare:

- Estimate the number of small groups of 5-6 people you can make from your larger group and prepare as follows.
- If you didn't buy heart-shaped red balloons, separate out the red ones from the big bag of balloons. 2 red balloons per small group.
- 10 non-red balloons for each small group.
- Assemble a small bag for each group (5-6 people) containing:
  - 2 red coloured balloons (plain or heart-shaped)
  - 10 other balloons
  - 30 dried beans
  - 1 permanent marker pen
- Have some extra balloons - including red ones - on hand.

### Word Search:

- Copies of Word Search studies - 1 study per person
- Paper and pens

### Mission Possible:

- Copies of the outline letters – to spell the word SABBATH
- Colourful felt-tipped pens (marker pens)
- Scissors
- Glue stick
- Large sheet of coloured card (big enough to be a background for the SABBATH letters)

### Family Focus Time:

- Cups and drinks
- Family Discussion Cards - 1 card per family

### Family Prayer Time:

- A small gift bag or bowl per family
- A selection of the following things – at least 6 per family
- A large seed or packet of seeds
- A small bar of soap
- A battery
- A safety pin
- A smooth white stone
- An old key
- A sachet of salt
- A pearl bead
- A star (such as metallic confetti stars)
- A dove (some wedding table confetti contains little white doves)
- A paper handkerchief
- A small tube or sample of hand cream

### Jesus and Me (JAM) Session:

- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

### Take-away Menu (optional):

- Cheap plastic key-rings with write-on tags – 1 per person (write a clear '7' or 'seven' on each tag)

## By the end of the session, the group members will:

- Know that God gave them the gift of Sabbath to add delight, peace, love and joy to their lives.
- Feel a longing to enjoy Sabbath as a delightful gift of rest and refreshment.
- Respond by discovering new ways as individuals, families and as a whole church community to make Sabbath a delight.



# KID for Teens: Leaders Guide: Delight



## Before you start: Leadership Personal Preparation:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (previous page).
3. Work with another team member and plan who will manage each section of the session.

What's the most delightful Sabbath you've ever had? What do you most enjoy doing on Sabbath? What difference do delightful Sabbaths make to your spiritual life, your worship, and the rest of your week? Is there something delightful you've always wanted to do on Sabbath, but you've never had the chance? If you were to plan your perfect Sabbath, what would you do, where would you go, what would you eat, and who would you share the day with? If the Holy Spirit invites you to do so, be willing to share something of your experiences during today's session. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

### Welcome and Prayer – 3 mins

## Say:

“Sabbath is an amazing gift from God. He didn't need to rest, but he knew that we would need a break from the busy-ness of our everyday lives. He didn't give the Sabbath to us to be a chore or a bore. He wanted it to be a day of pure delight.”

### Icebreaker - Busy Balloons - 15 mins

*You will need:*

1. The bags prepared according to instructions on Page 1.
  2. Copies of the Busy Balloons instruction card – 1 per group
- Inflate a few extra balloons, including red ones, in case any groups need some extras.
  - When everyone has arrived, use a fun way to divide people into groups of 5-6.
  - Give each group their small bag and ask them to follow the instructions on the card in the bag.
  - Keep an eye on the groups – if some groups are managing to keep their balloons in the air too easily, add a few more balloons to their group to make their task more difficult.
  - If any red balloons pop, give the group another red balloon to replace it.
  - After the groups have been busy keeping all their balloons in the air for a few minutes, and they are (hopefully) beginning to get tired, ask them to let all the balloons drop to the ground except the red ones and to carry on playing.
  - It should be much easier for the groups to keep just two balloons in the air.

**Feedback:** What does this activity help you to understand about the Sabbath?

### Word Search - 20 mins

*You will need:*

1. Paper and pens
  2. Copies of Word Search studies - 1 set of studies per person
- In small groups of 4-5 people, discuss and fill out the Word Search sheet. Make sure you have at least 4 groups.
  - Allow about 15 minutes for this study.
  - Call the groups back together and ask them to present their main points and their list of ideas.
  - Thank them for their ideas and move into the next activity.





# KID for Teens: Leaders Guide: Delight



## Mission Possible - Filling the Sabbath with Delight - 15 mins

*You will need:*

1. Copies of the SABBATH outline letters
  2. Colourful felt-tipped pens
  3. Scissors
  4. Glue sticks
  5. Large sheet of coloured cardboard – big enough to be a background for the Sabbath letters
- Divide your group into 7 small groups or pairs and give each group one of the letter outlines. If you have a very small group give some pairs 2 letters, or lay the letters out on a large table and work on the task as a whole group.
  - Give each group a packet of coloured felt-pens (marker pens) and ask them to think of as many delightful Sabbath activities as possible and to write them in different colours and at different angles across their letters.
  - Encourage them to be creative and to accept each other's different and possibly unconventional Sabbath activities. God has created each person different so each of us will find different things delightful and meaningful. There will be different things that will bring each of us closer to God and help us to worship him.
  - Allow 7-10 minutes for this activity and then ask the groups to cut out their letters and stick them onto the large cardboard background to spell the word 'SABBATH'.
  - Use this as a display of Sabbath ideas for your church. You could also use the ideas to create a small booklet of creative Sabbath activities, and add local walks and free places to visit, etc, that might also be delightful Sabbath activities.

## Family Focus – 15 mins

*You will need:*

1. Drinks and cups
  2. Family Discussion Cards
- Serve drinks.
  - Let everyone re-assemble into their family groups, collecting a drink on the way.
  - Give each family a Discussion Card.

## Family Prayer Time - 10 mins

*You will need:*

1. A small gift bag or bowl per family containing a selection (at least 6) of the items listed on Page 1 – Family Prayer Time.  
It doesn't matter if each family has different things.
- Give each family one of the bowls or bags and ask them to pass it around their family.
  - Whenever a person is holding the bag or bowl they can choose an object that represents something they enjoy about the Sabbath. For example, they may choose a battery because they enjoy the way that Sabbath re-energises them and gives them power. Or maybe they would choose salt because it adds flavour to their week, or hand-cream because it soothes them.
  - They can also describe what they would have chosen to represent something that's enjoyable for them if they can't find an object in their bag or bowl that inspires them.
  - The person who has chosen the item can then pray a short sentence prayer, thanking God for the enjoyable aspect of the Sabbath. People can pray silently if they wish.

## JAM Session (Jesus and Me) - 5 mins

*You will need:*

1. CD player and CD of soft worship music
  2. One set of 'Jesus and Me' Journal Pages per participant
- Give out the Jesus and Me journal pages for this week.
  - Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

## Take-Away Menu (optional)

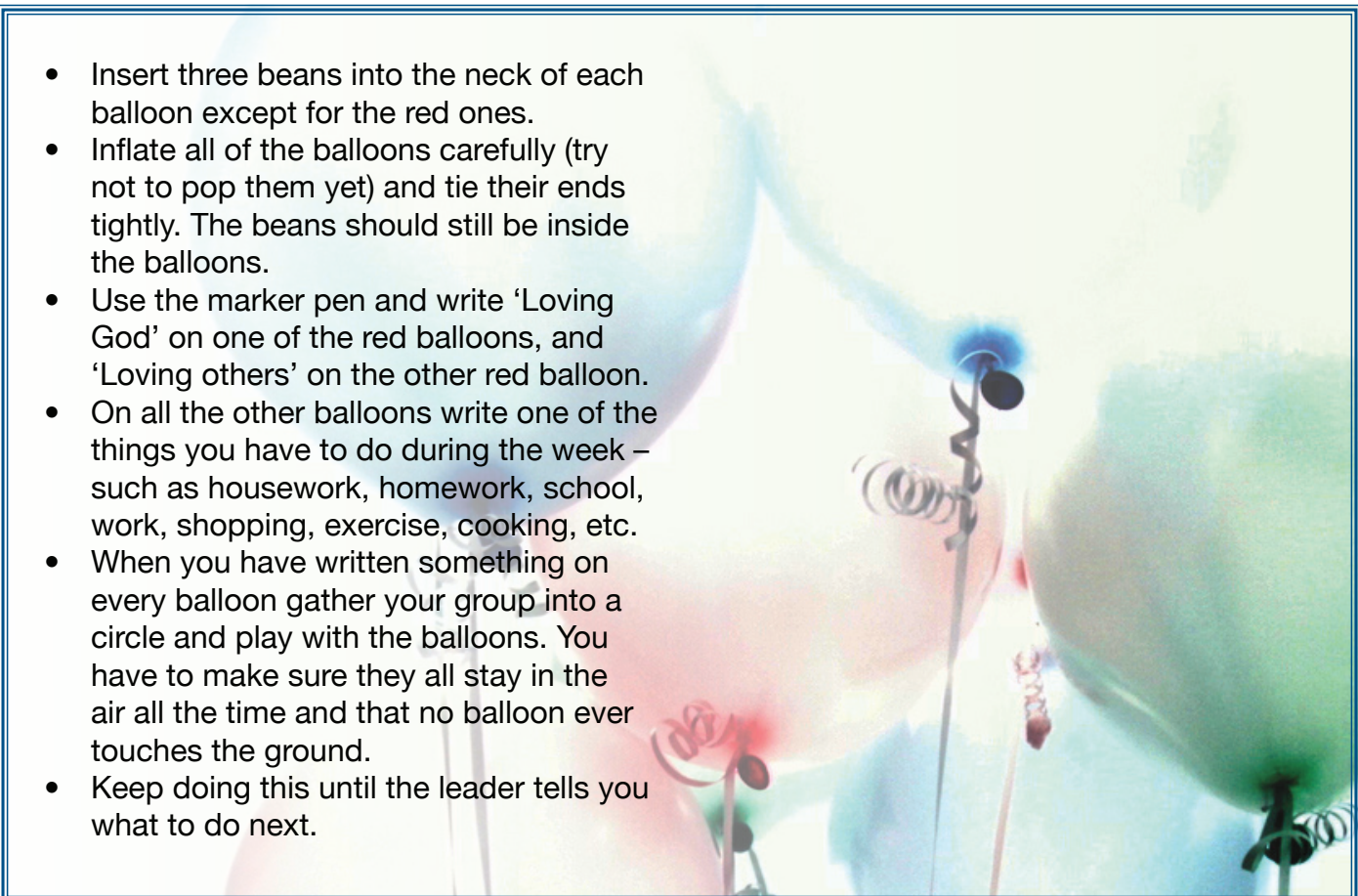
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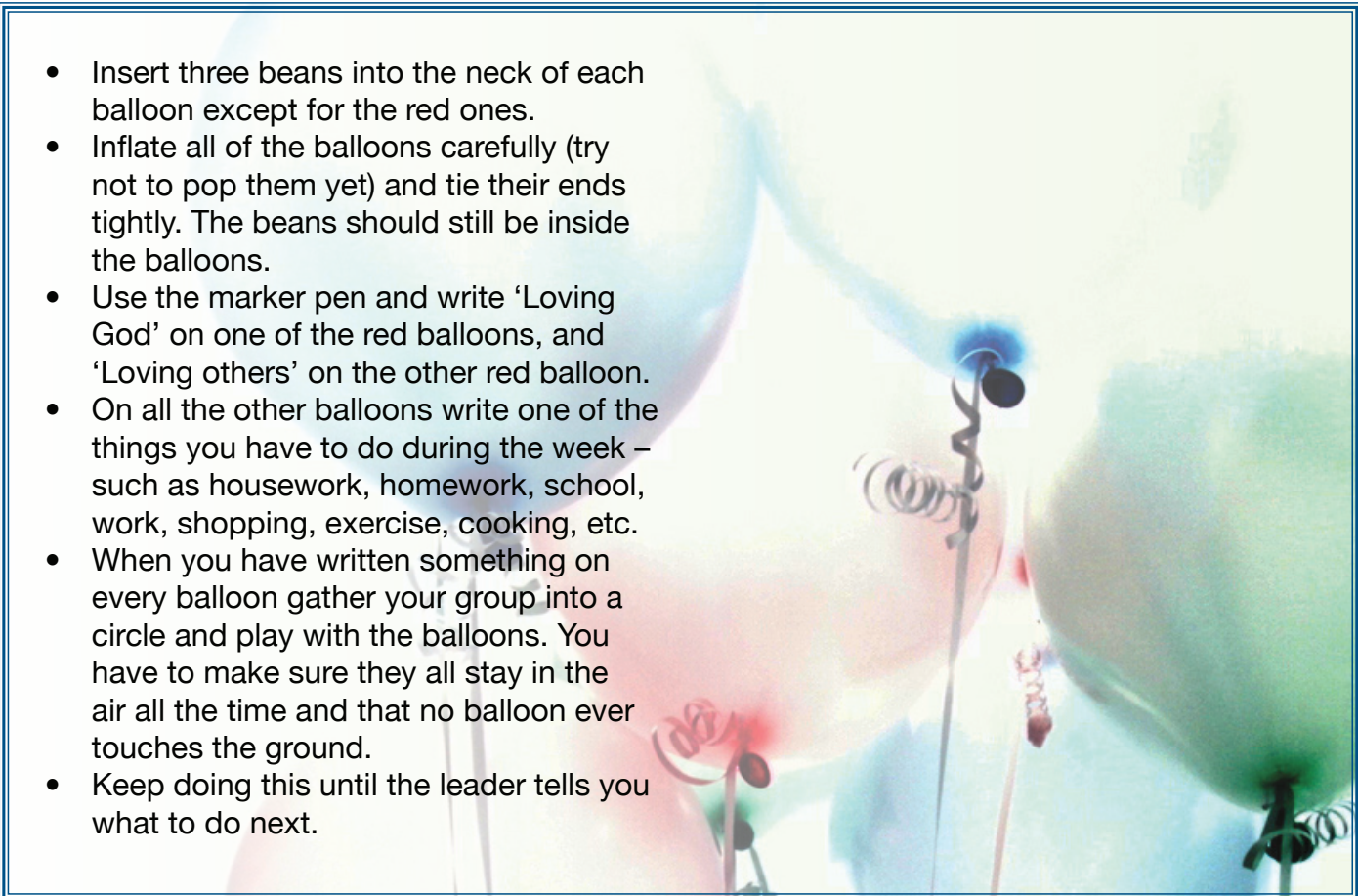
1. Cheap plastic key-rings with write-on tags – 1 per person (write a clear '7' or 'seven' on each tag)
- Give each person key-ring with a number '7' on the tag.
  - Invite them to use the key-ring to remind them to do one thing each Sabbath that will make it a delight for themselves and one thing that will delight someone else.

## Closing Prayer





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- Insert three beans into the neck of each balloon except for the red ones.
  - Inflate all of the balloons carefully (try not to pop them yet) and tie their ends tightly. The beans should still be inside the balloons.
  - Use the marker pen and write 'Loving God' on one of the red balloons, and 'Loving others' on the other red balloon.
  - On all the other balloons write one of the things you have to do during the week – such as housework, homework, school, work, shopping, exercise, cooking, etc.
  - When you have written something on every balloon gather your group into a circle and play with the balloons. You have to make sure they all stay in the air all the time and that no balloon ever touches the ground.
  - Keep doing this until the leader tells you what to do next.

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# KID for Teens: Handout: Delight!

Word Search - God Created the Sabbath as a Gift for Us



## Read Genesis 2:2-3 in a variety of translations.

Summarise the main points below:

Why do you think God created the Sabbath for us?

Why do you think God rested?

List at least ten reasons why it is more important than ever for us to make Sabbath a delight in the 21st century.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.





# KID for Teens: Handout: Delight!

## Word Search - The Sabbath is for Joyful Celebration



### Read Isaiah 58:13-14 in a variety of translations.

Summarise the main points below:

How can we make Sabbath a day of joy and celebration in our homes and churches?

What does God promise to everyone who celebrates the Sabbath joyfully?

List at least ten ways you could celebrate the Sabbath joyfully in your home and church. Think of Sabbath traditions, as well as other ways of celebrating.

- |    |     |
|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |







# KID for Teens: Handout: Delight!

## Word Search - The Sabbath is a break from work



### Read Exodus 20:8-11 in a variety of translations.

Summarise the main points here:

What does it mean to have a rest on the Sabbath?

How does keeping the Sabbath free from work make it more delightful for you?

List at least ten things that you could do on the Sabbath to remember or enjoy God's creation.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.







# KID for Teens: Handout: Delight!

Word Search - The Sabbath is a day for helping others



## Read Matthew 12:9-13 in a variety of translations.

Summarise the main points here:

What is the most important message about Sabbath in this story?

List at least ten things that you could do on the Sabbath to remember or enjoy God's creation.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



**KID for Teens: Handout: Delight: Mission Possible**

Sabbath Outline Letters - copy one each of S, T, and H, and two each of A and B



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LESSON 31 -  
*FAMILY DISCUSSION CARD*

The best Sabbath I can ever remember was...

I am really glad God gave us the gift of Sabbath because...

One thing I would like to try doing with my family on Sabbath is...

My favourite Sabbath tradition is...

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One thing I would like to try doing with my family on Sabbath is...

My favourite Sabbath tradition is...



# Jesus and Me: Journal Lesson 31: Delight: What does Sabbath mean to you?



God gave us the gift of the Sabbath and he wants it to be a delightful experience for us. But life is busy and challenging and Sabbath isn't always the delight God wants us to experience.

We need to rediscover the delight of Sabbath for ourselves.

Without thinking too hard, list ten words that come into your mind when you think of Sabbath and write them below. It's ok to be honest!

**Some things that Sabbath means to me at the moment are:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**Make another list of ten words that describe the totally delightful Sabbath you'd like to have:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.





# Jesus and Me: Journal Lesson 31: Delight: Delightful Day



What makes something delightful for you? List 5 to 10 activities or experiences that fill you with delight. Write each idea in one of the categories below:

## *Relationships*

Being with others

## *Bible Study*

Exploring God's word

## *Nature*

Exploring God's world

## *Creativity*

Making or seeing beautiful things

## *Other Things*

...that don't fit anywhere else

## *Hospitality*

Sharing your home and food with others

## *Adventure*

Doing something amazing

## *Helping Others*

Relieving suffering

## *Witnessing*

Telling others about Jesus

What have you learned about the activities that delight you?

How can you have more of these delightful experiences on Sabbath?

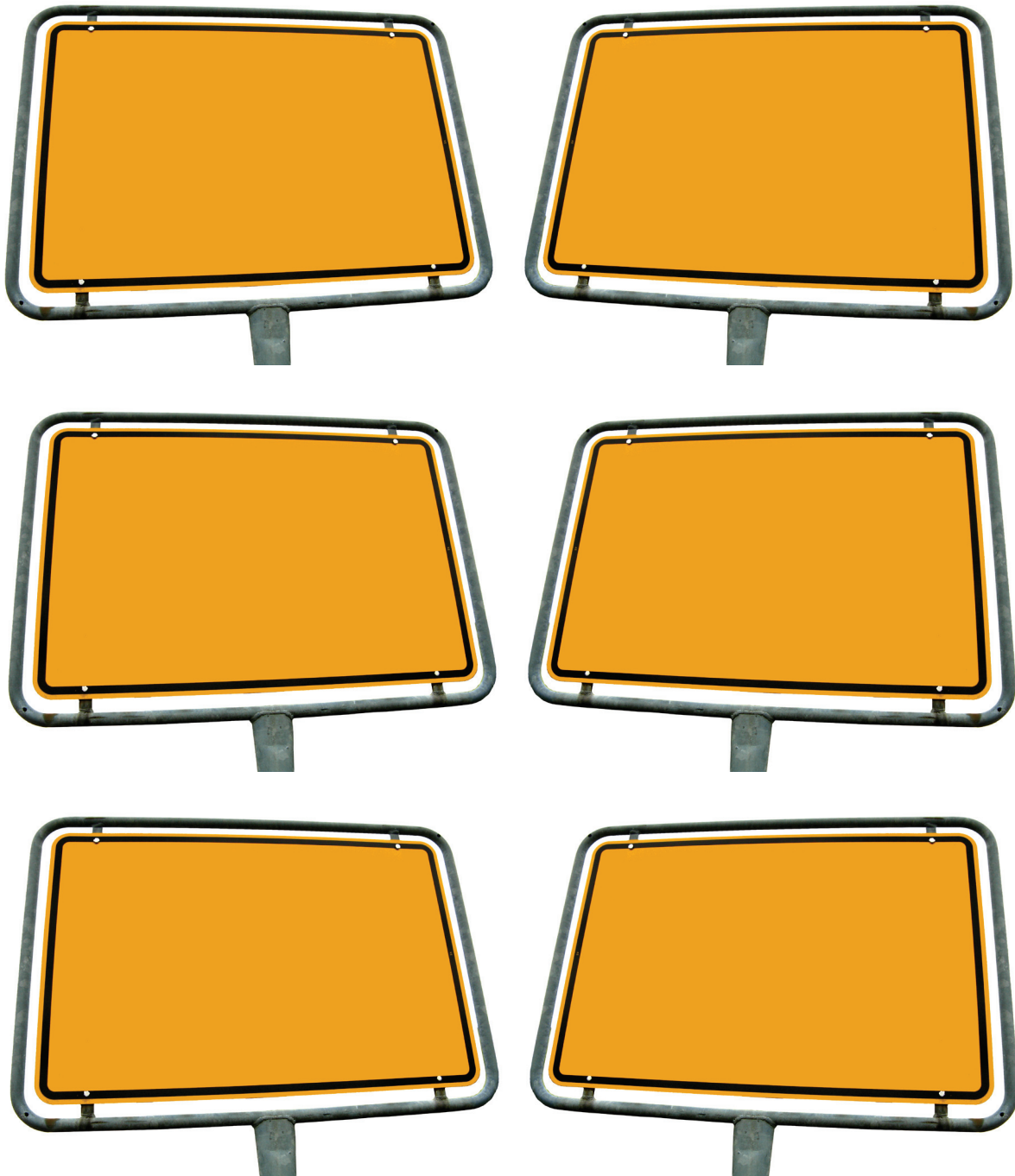


# 31 Jesus and Me: Journal Lesson 31: Delight: Roadblocks



What are the road blocks that try to prevent you from experiencing delightful Sabbaths?

List some of them on the blocks below:



Look at the roadblocks you have identified.

Pray about what you and God can do, together with your family and friends, so that you can all enjoy happier Sabbaths.





# 31

## Jesus and Me: Journal Lesson 31: Delight: The Best Sabbath Ever



### BEST SABBATH EVER!

*This award is for the best Sabbath I ever had*

*It was on:*

*I was at:*

*I was with:*

*I was doing:*

*It was special because:*

Find a gold or red seal to stick on this award or make it special in some other way.





# Jesus and Me: Journal Lesson 31: Delight: Share the Delight!



Make a poster or write a TV commercial that advertises the delights of Sabbath in a creative way.

Plan a special kind of Sabbath and invite another family to join you.

Create a Bible-focussed treasure-hunt around part of your town, or in a forest, and invite other church members to find the treasure.

Think of something you could do as a group to make Sabbath more delightful for the children in your church, or the elderly, or the shut-ins, etc.

Make a short video interviewing the members of your church, about their favourite Sabbaths.

Start a folder at your church full of special ideas for Sabbath activities.

Search the internet for amazing websites that are great to explore on Sabbath and make a list of them to share with your friends.

Find the book, '100 Creative Activities for Sabbath' (Karen Holford, Pacific Press, 2006) and try out one of the ideas each month.



# 31 Jesus and Me: Journal Lesson 31: Delight: Sabbath is a Gift

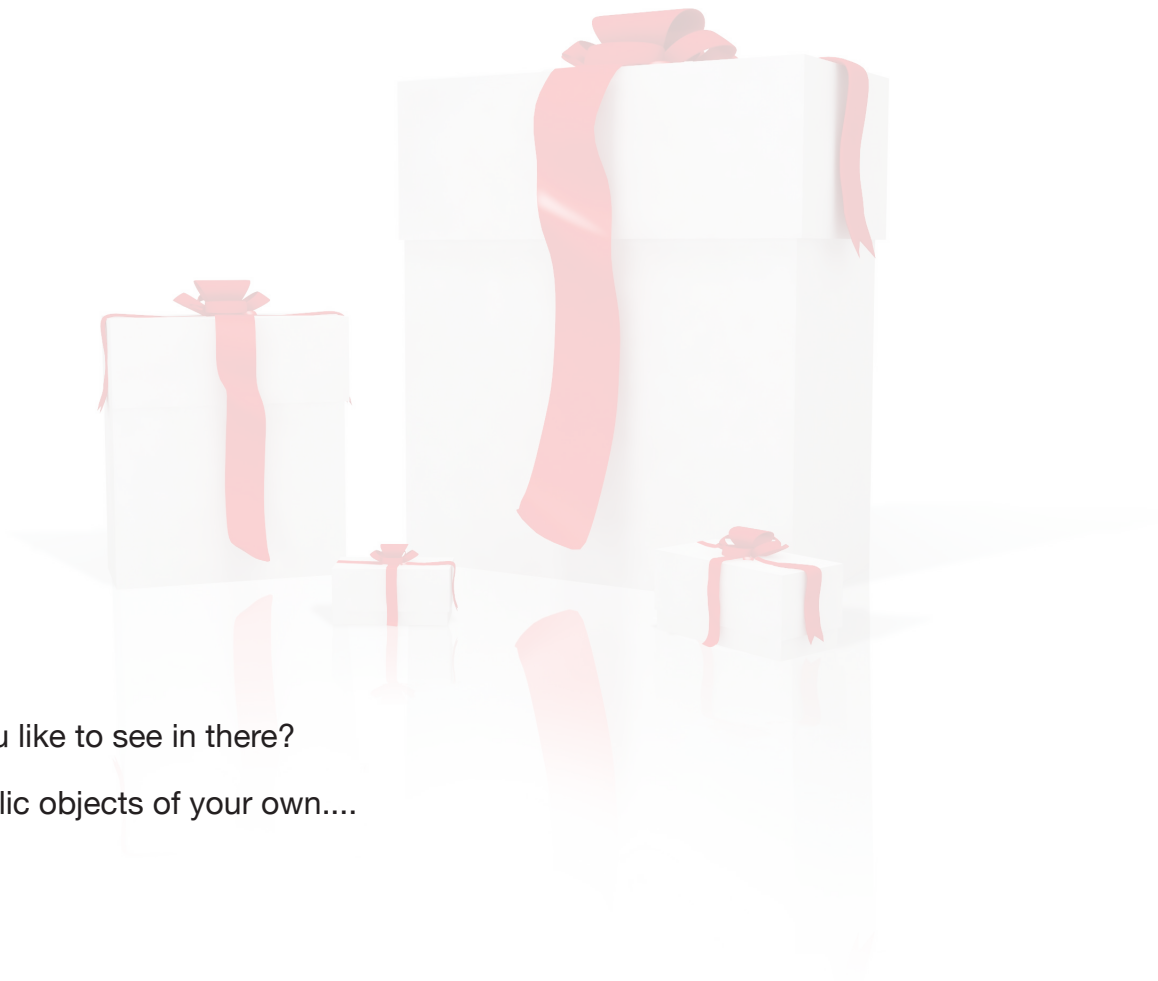


The gift of Sabbath is not only the gift of rest. Below is a list of items that represent some of the other gifts that Sabbath can give to our lives.

How can each of these 'gifts' help you to understand more about the meaning of Sabbath? Choose a few items that represent what you would most like to experience in your Sabbath 'Gift Bag' and write what they mean to you:

- Sachet of salt
- Battery
- Pain-relief tablets
- A padded heart
- Perfume bottle
- Pearls
- Dove
- Packet of seeds
- Hand cream
- Honey
- Flower
- Safety pin
- Smooth stone
- Star
- Pillow
- Lip balm
- Handkerchief
- What else would you like to see in there?

Add some other symbolic objects of your own....







31

# Jesus and Me: Journal Lesson 31: Delight: Delightful Day Ideas!



Write your ideas for delightful Sabbath activities in the boxes below.

*ART AND CRAFT*

*READING AND WRITING*

*WITH FAMILY & FRIENDS*

*WITH CHILDREN*

*INDOORS*

*OUTDOORS*

*COMPUTER/INTERNET*

*Music*



# 31 Jesus and Me: Journal Lesson 31: Delight: Responding to Sabbath



How would you like to respond personally to God's amazing gift of the Sabbath?

How would you like to thank God for his gift of the Sabbath?

Perhaps you could create a thank you card, make a collection of items (like those in the list under 'Sabbath is a gift'), write a poem, make a flower arrangement, compose a song, take a series of photographs, create an inspirational PowerPoint presentation, run down a grassy hillside, or stand under a waterfall!

Write some of your ideas below. Then choose which ones you'll do first.







# 31 Jesus and Me: Journal Lesson 31: Delight: Sharing the Wonder of Sabbath




Imagine that a friend asks you what Sabbath means to you.

What would you say to them that would make Sabbath sound amazing, delightful, wonderful, or something that they'd like to enjoy too?

Maybe you would say different things to different friends, depending on what they would find amazing, helpful, or delightful.

Write the names of three friends below.

Next to each name write what you could say to share the wonder of Sabbath with them in a way that they would find appealing.

<i>Name</i>	<i>WHAT YOU COULD SAY THAT MIGHT excite THEM ABOUT SABBATH</i>
	

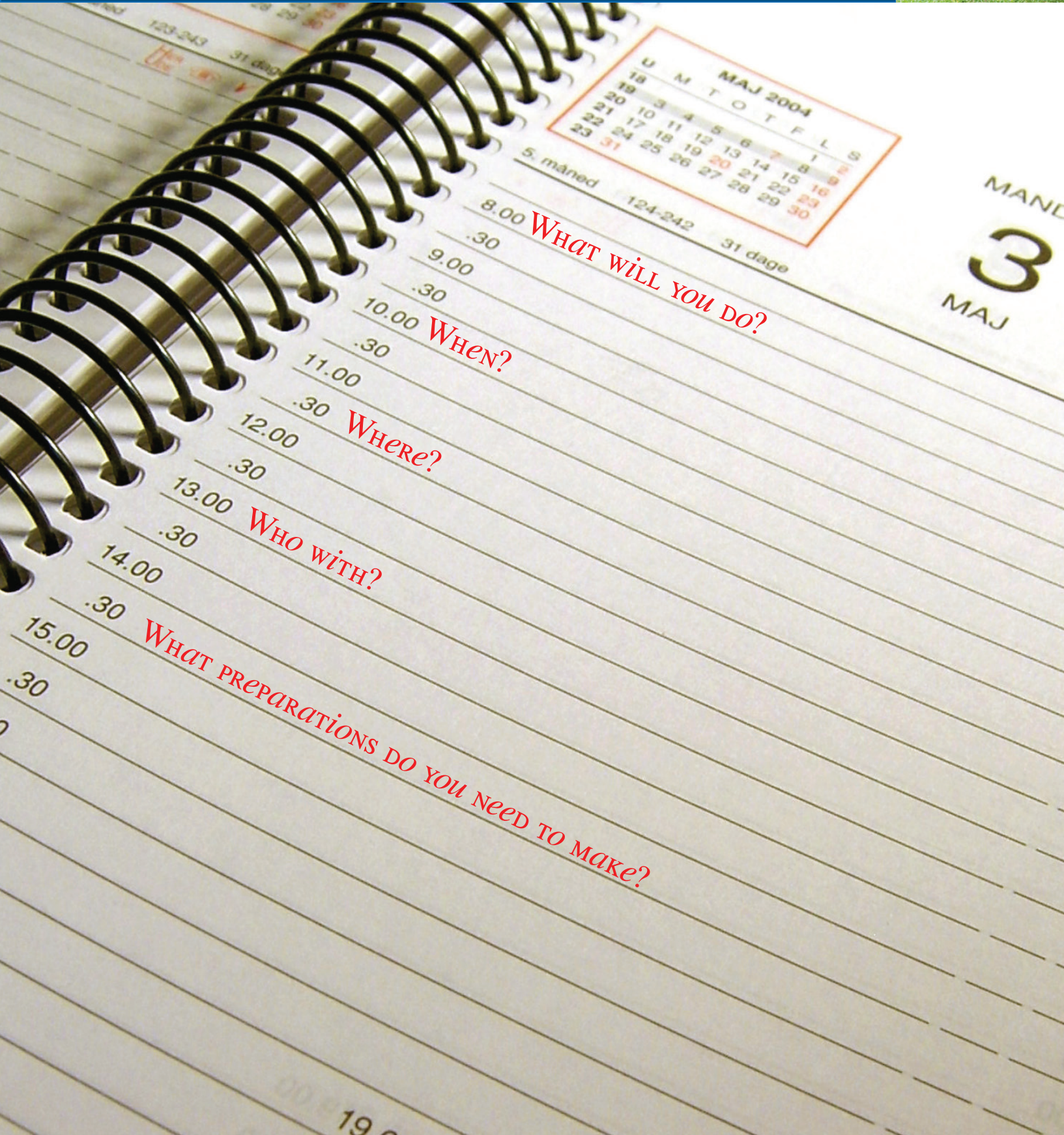






# 31

## Jesus and Me: Journal Lesson 31: Delight: Planning a Delightful Sabbath



MAJ 2004						
U	M	T	O	T	F	L
18	19	20	21	22	23	24
25	26	27	28	29	30	31

8.00 *WHAT WILL YOU DO?*

10.00 *WHEN?*

12.00 *WHERE?*

13.00 *WHO WITH?*

15.00 *WHAT PREPARATIONS DO YOU NEED TO MAKE?*





# 31 Jesus and Me: Journal Lesson 31: Delight: Seven Secrets of Successful SABBATHs



## S - *SiMPLiCiTY*

How can I simplify my Sabbath so that I have more time and energy to experience a special day to rest and worship God?

## A - *ANTiCiPATION*

How can I actively anticipate the Sabbath, and plan for the delight?

## B - *BLESSiNG*

How can I make the Sabbath a blessing for me and everyone around me?

## B - *BeAUTY*

What can I do to make Sabbaths more beautiful and delightful for myself and those around me?

## A - *Awe*

How can I prepare my 'spirit' so I can welcome the delightful gift of the Sabbath awesomely, with wonder and celebration? How can I help others to 'catch' the awesome wonder, too?

## T - *TRADiTiONS TOGETHER*

What traditions can I share with my friends and family, so that they can experience delightful Sabbaths too?

## H - *HAPPiNESS AND HeALTH*

How can Sabbath be a day that brings me physical, spiritual, relational and emotional healing?

