

# FAMILY DEVOTION

## The Big Ten: *Keep the Lord's Day Holy*



"I Will Keep The Lord's Day Holy!"



*"Remember to observe the Sabbath day by keeping it holy."  
– Exodus 20:8*

This week, we continue our series called, "The Big Ten." In this series, we're learning from God's Big Ten - the Ten Commandments!

**Read:**

*Genesis 1*

**Ask/Discuss:**

- Talk through each of the first six days of Creation.
- What did God do on the seventh day?
- Why do you think God rested on the seventh day?

**Say:**

In a world that strives to stay busy and succeed more by doing more, it's hard for us to take a break! Many people work, work, work - all day, every day. Many people go, go, go and never stop.

However, when God created the world, on the seventh day, He rested. He lived out that principle and He required it of His followers. The fourth commandment is to "Keep the Lord's Day holy." It is so important, as Christians, to take a day each week to rest and worship.

**Ask/Discuss:**

- What kinds of things does the world do instead of keeping the Lord's Day holy?
- What can you start doing to keep the Lord's Day holy?

**Say:**

Though it may be difficult in a fast-paced world, we need to follow the example and command of God by keeping the Lord's Day holy!

**Pray:**

Pray that your children would always remember to keep the Lord's Day holy. Pray they would work hard all week long and then spend a day resting and worshipping God.