



## **For Your Family:**

### **Read Exodus 20:8–11 together**

**Explain** how God wanted his people to get all their work done the first six days of the week and to rest on the seventh day. They called that day “Sabbath” which means “rest.”

**Explain** that when God created the world, he did it in six days, and then he rested on the seventh day. He said the seventh day would be a holy day of rest.

### **Tell the Story** of Manna from Exodus 16.

Include the following:

The people were in the wilderness, and they were hungry. When they complained to God, he provided quail in the evening and manna in the morning.

God told the people to go out each morning and gather enough manna for one day.

If they tried to keep it for more than a day, it got worms and smelled horrible.

God told them that on the sixth day, they were to gather two days’ worth of manna (it would keep overnight).

**Read Exodus 16:23 (NCV):** *“This is what the LORD commanded, because tomorrow is the Sabbath, the LORD’s holy day of rest. Bake what you want to bake, and boil what you want to boil today. Save the rest of the food until tomorrow morning.”*

**Talk about** how important it is to learn how to trust God to provide for our daily needs.

**Talk about** how important it is to take a day each week, to rest and to remember what God has done for us.

**Review** the first four commandments:

Put God First  
Worship Him Only  
Keep God’s Name Holy  
Keep the Lord’s Day Holy

**Pray together** that you will always remember to take a day each week to rest and to remember what God has done for you.