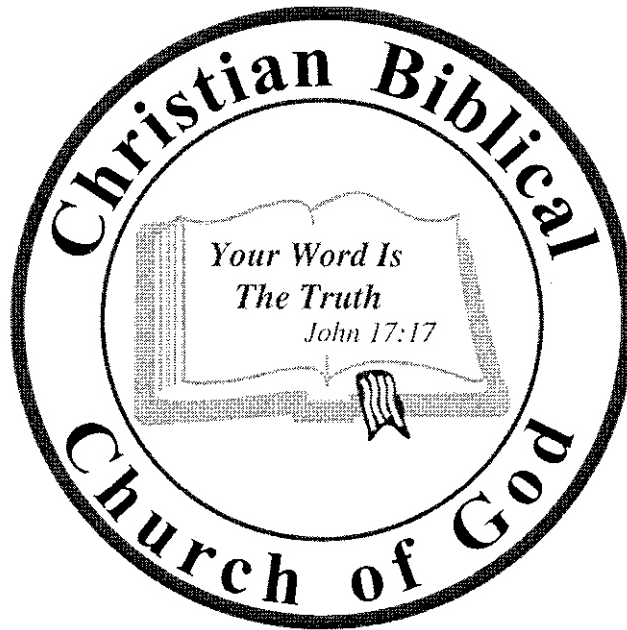


God's Holy Sabbath

COLORING BOOK

My Name:



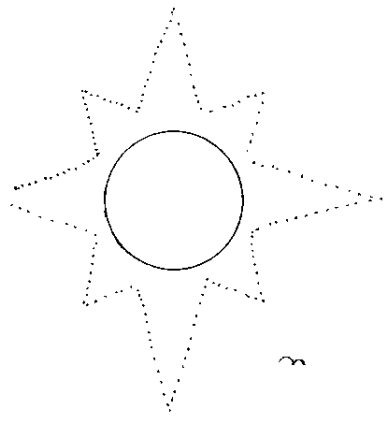
Written and Illustrated by:
Don & Bonnie Burrows

Scripture references from:
The Holy Bible in its Original Order

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Creation

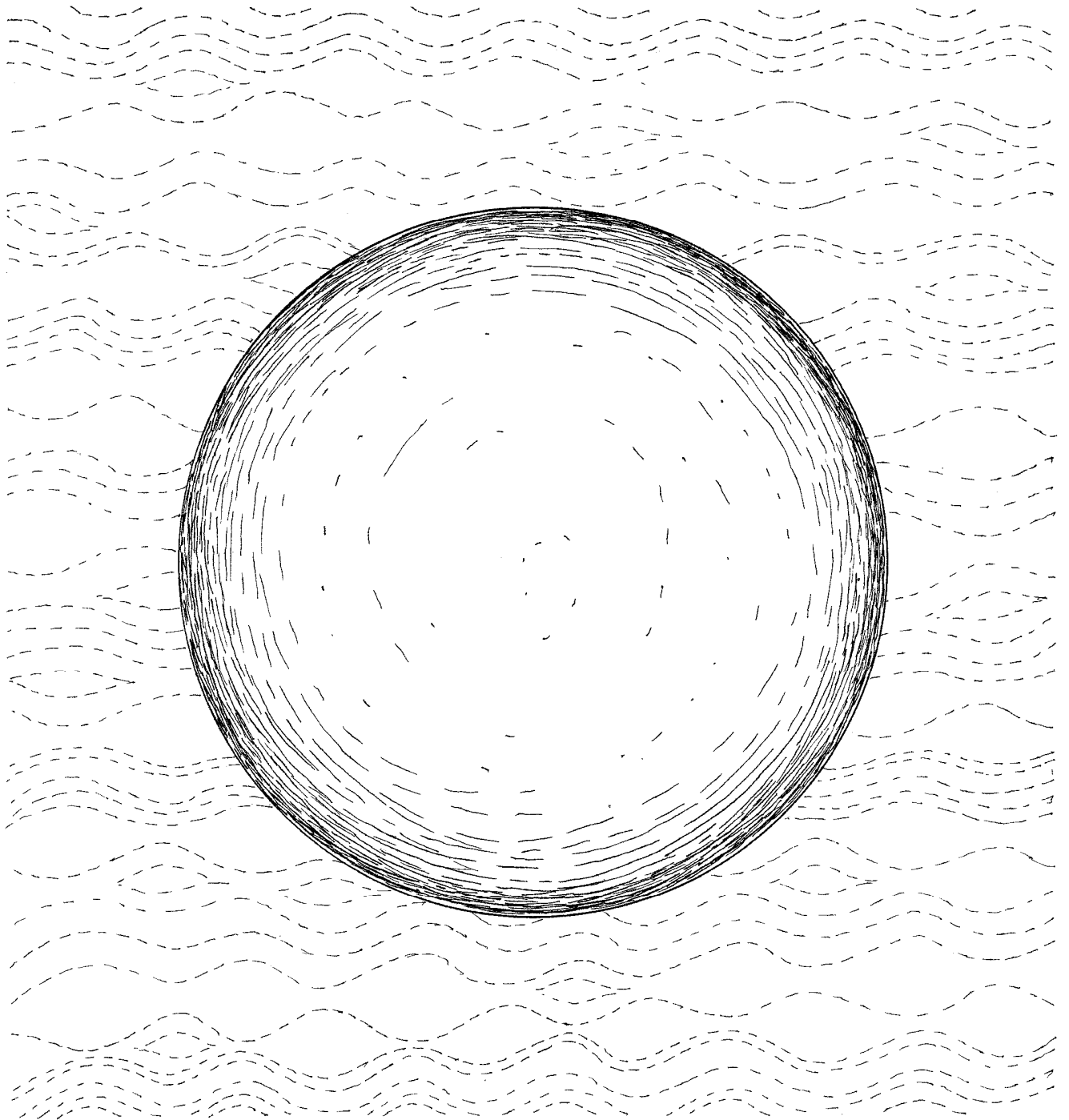
and the

Sabbath



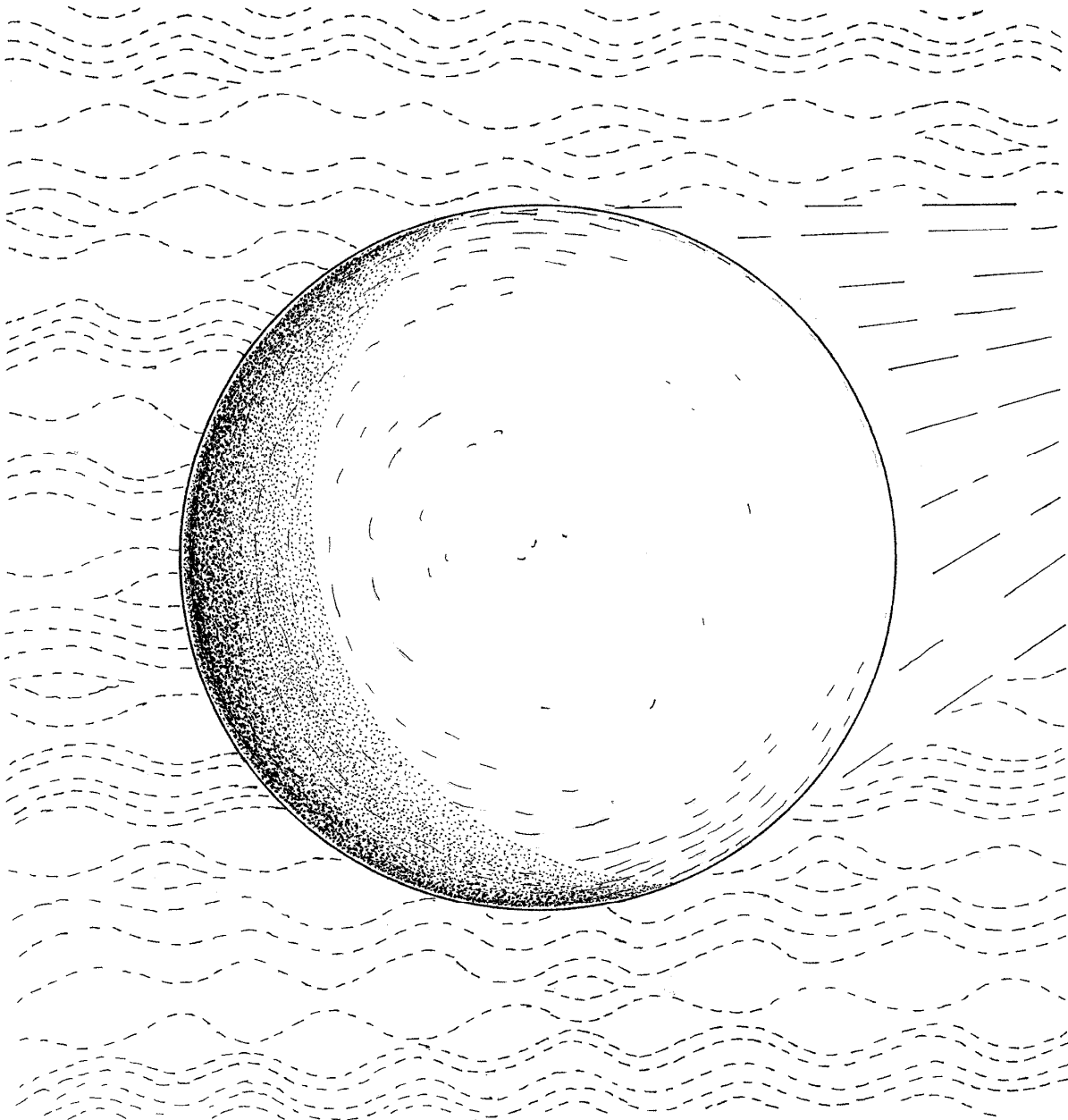


"Grandma BB, when did God make the Sabbath?" asked Susie.
"Well, let's read in the word of God and start at the beginning to find out. Here we are in the book of Genesis," replied Grandma.



(color the earth a dark color)

In the beginning God created the heavens and the earth. And the earth was without form and void, and darkness was upon the face of the deep, and the Spirit of God moved upon the face of the waters. *Genesis 1:1-2*

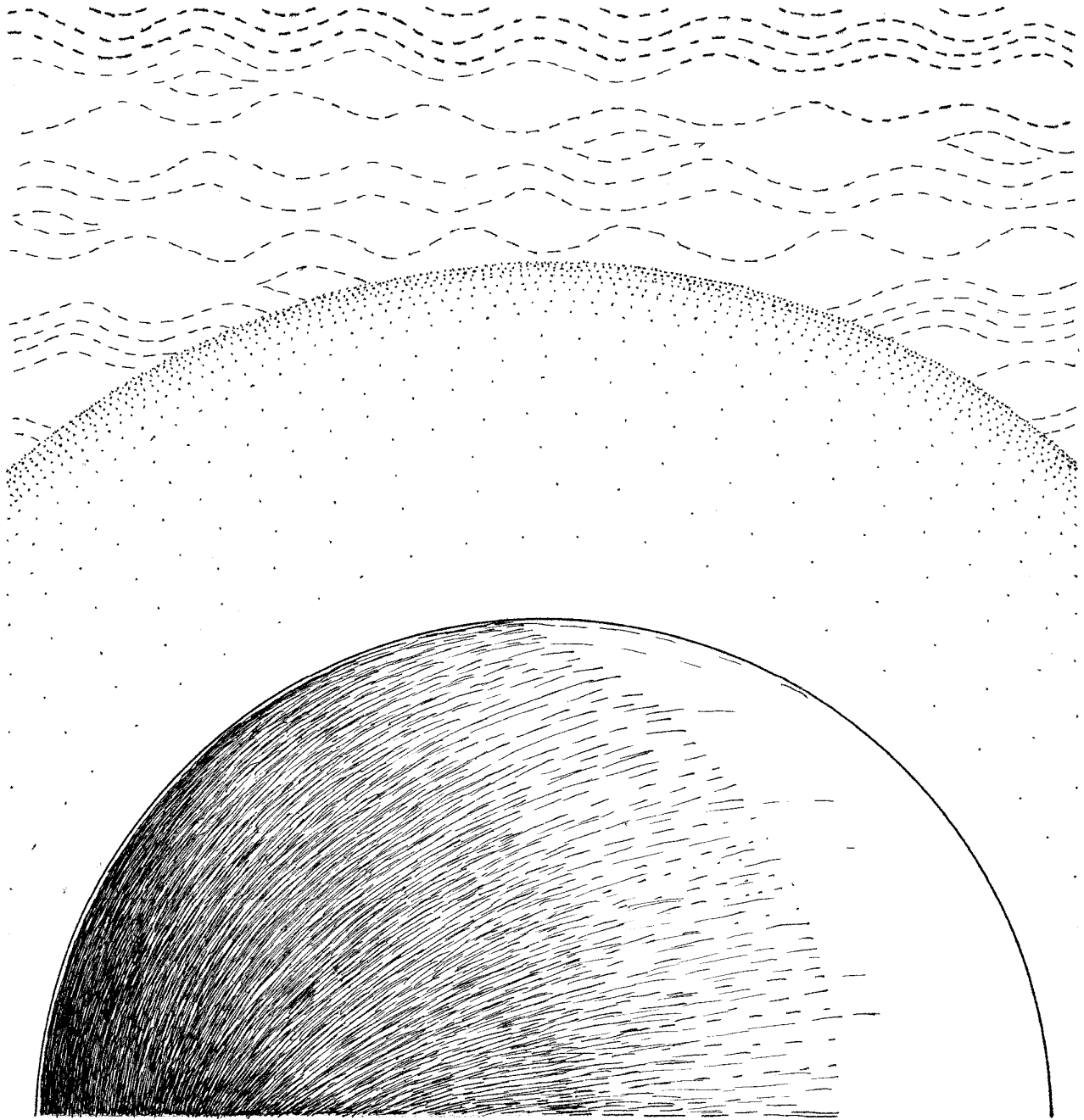


(Use a dark color for the “night” side and a light color for the “day” side of the earth.)

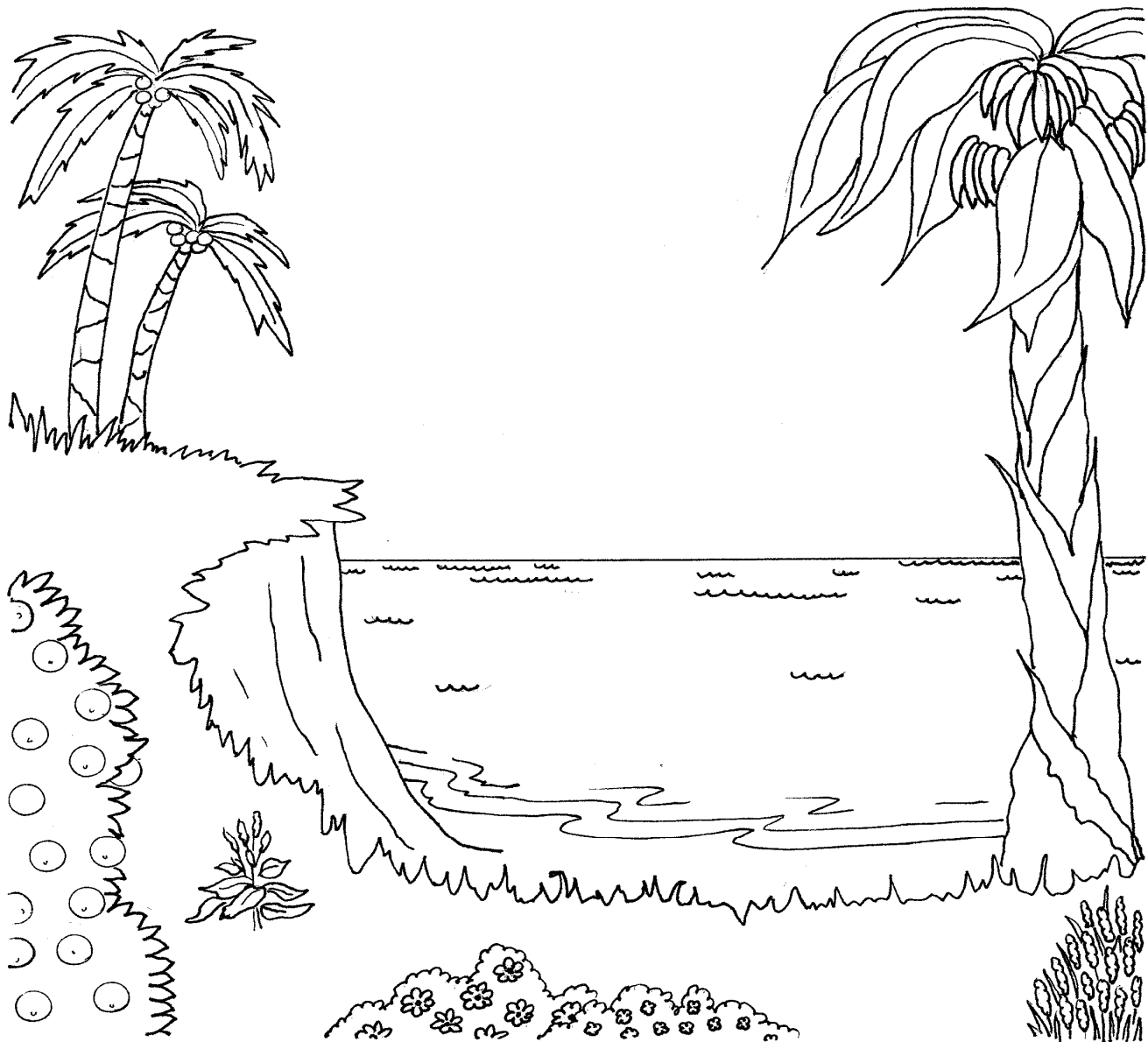
And God said, “Let there be light.” And there was light. And God saw the light that it was good; and God divided between the light and the darkness. And God called the light day, and He called the darkness night. And the evening and the morning were the first day.

Genesis 1:3-5

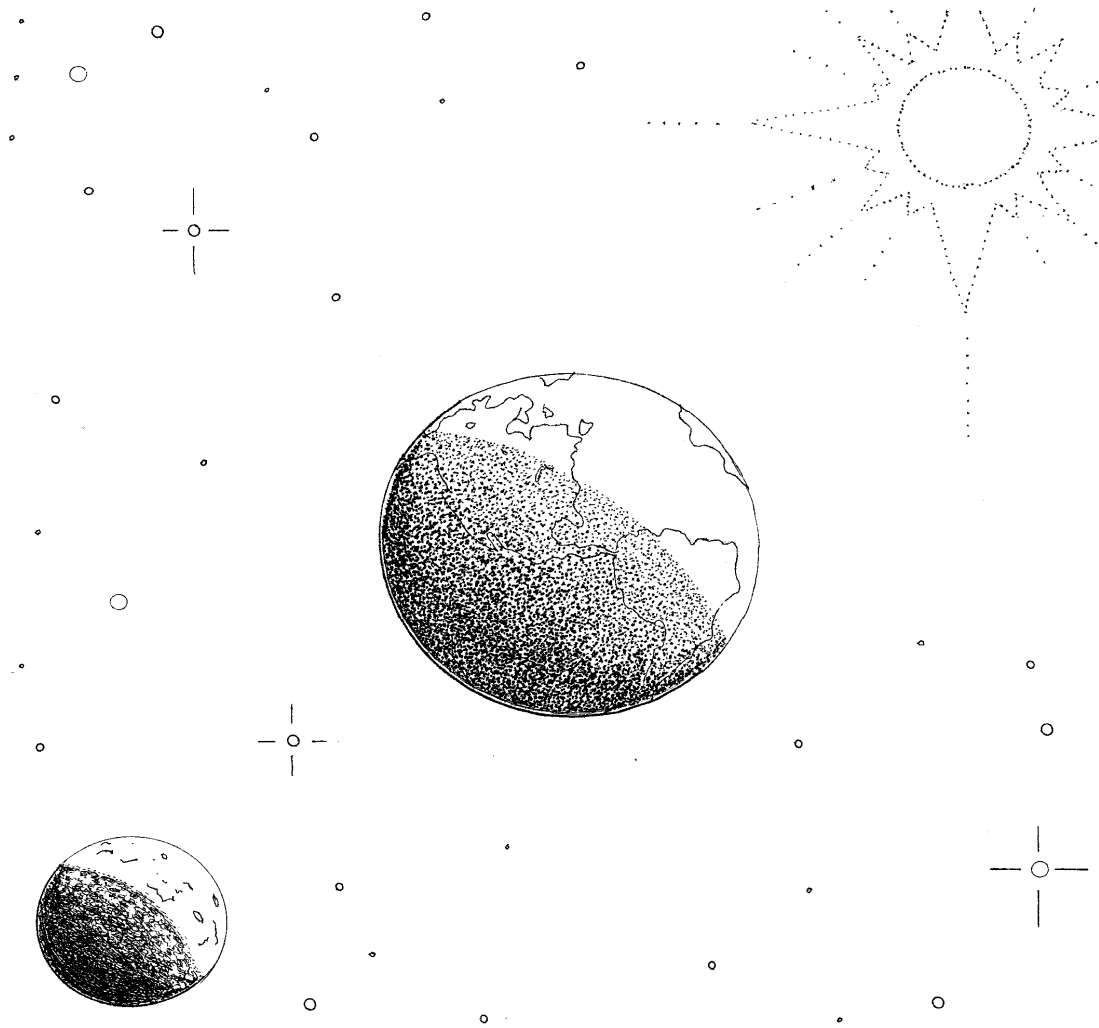
*Please notice that God starts His days at evening.
Creating that day was the first of the 7 days of creation.*



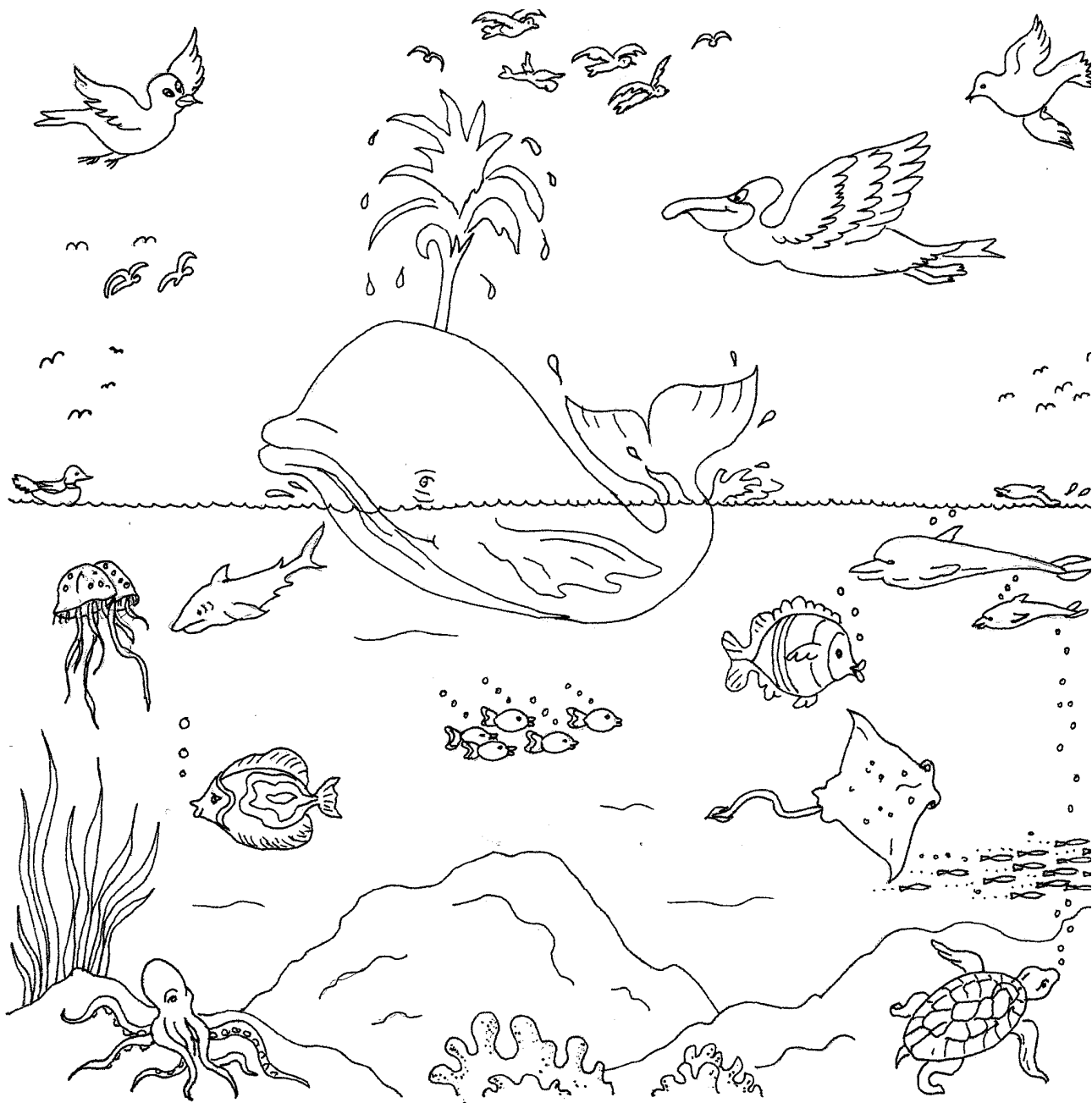
And God made the firmament, and divided the waters which were under the firmament from the waters which were above the firmament; and it was so. And God called the firmament heavens. And the evening and the morning were the second day. *Genesis 1:7-8*



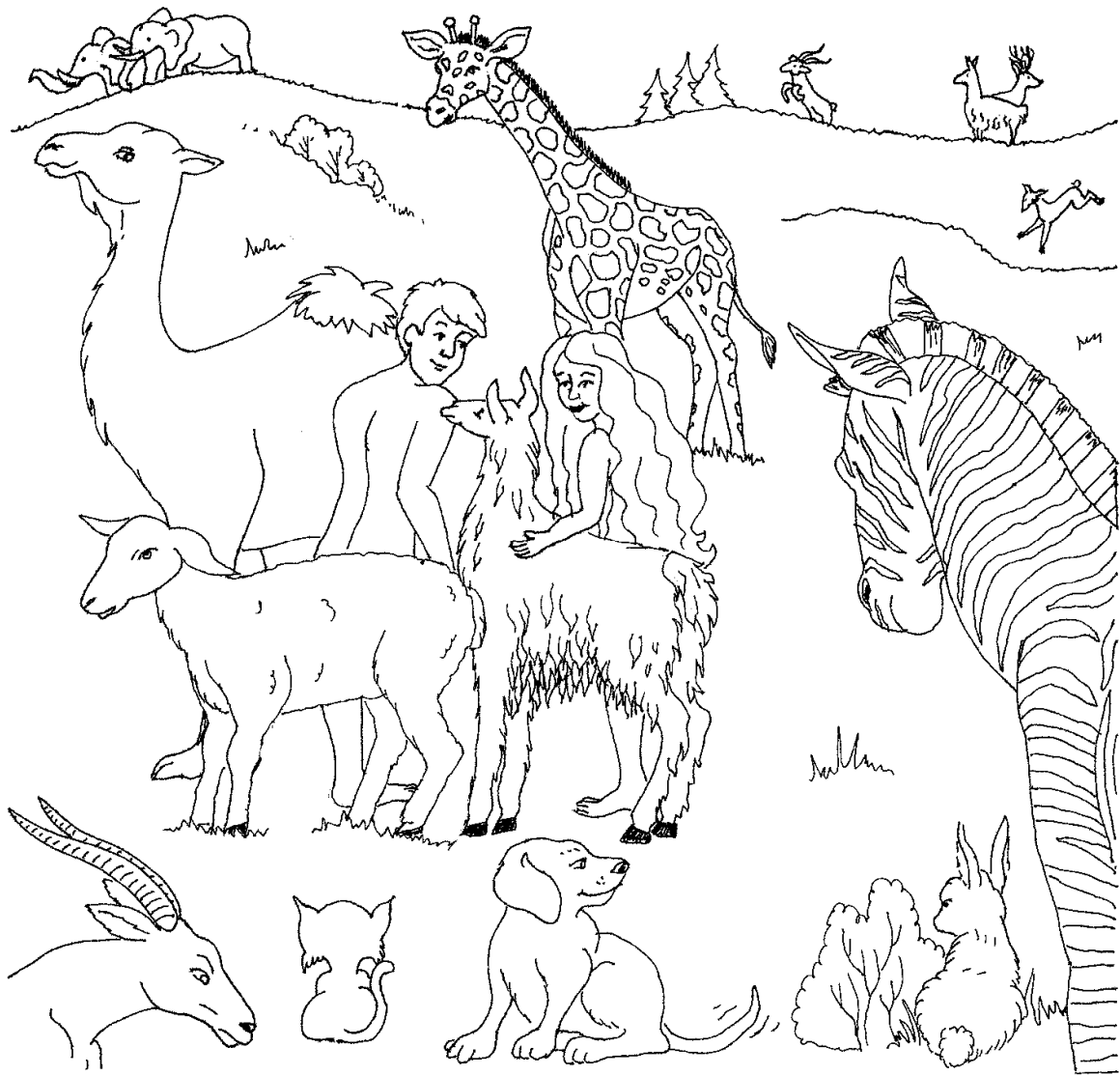
And God said, "Let the waters under the heavens be gathered together to one place, and let the dry land appear." And it was so. And God called the dry land earth, and He called the gathering together of the waters seas; and God saw that it was good. And God said, "Let the earth bring forth vegetation—the herb yielding seed and the fruit tree producing fruit after its kind, whose seed is in itself—upon the earth." And it was so. And the earth brought forth vegetation—the herb yielding seed after its kind, and the tree producing fruit after its kind, whose seed is in itself. And God saw that it was good. And the evening and the morning were the third day. *Genesis 1:9-13*



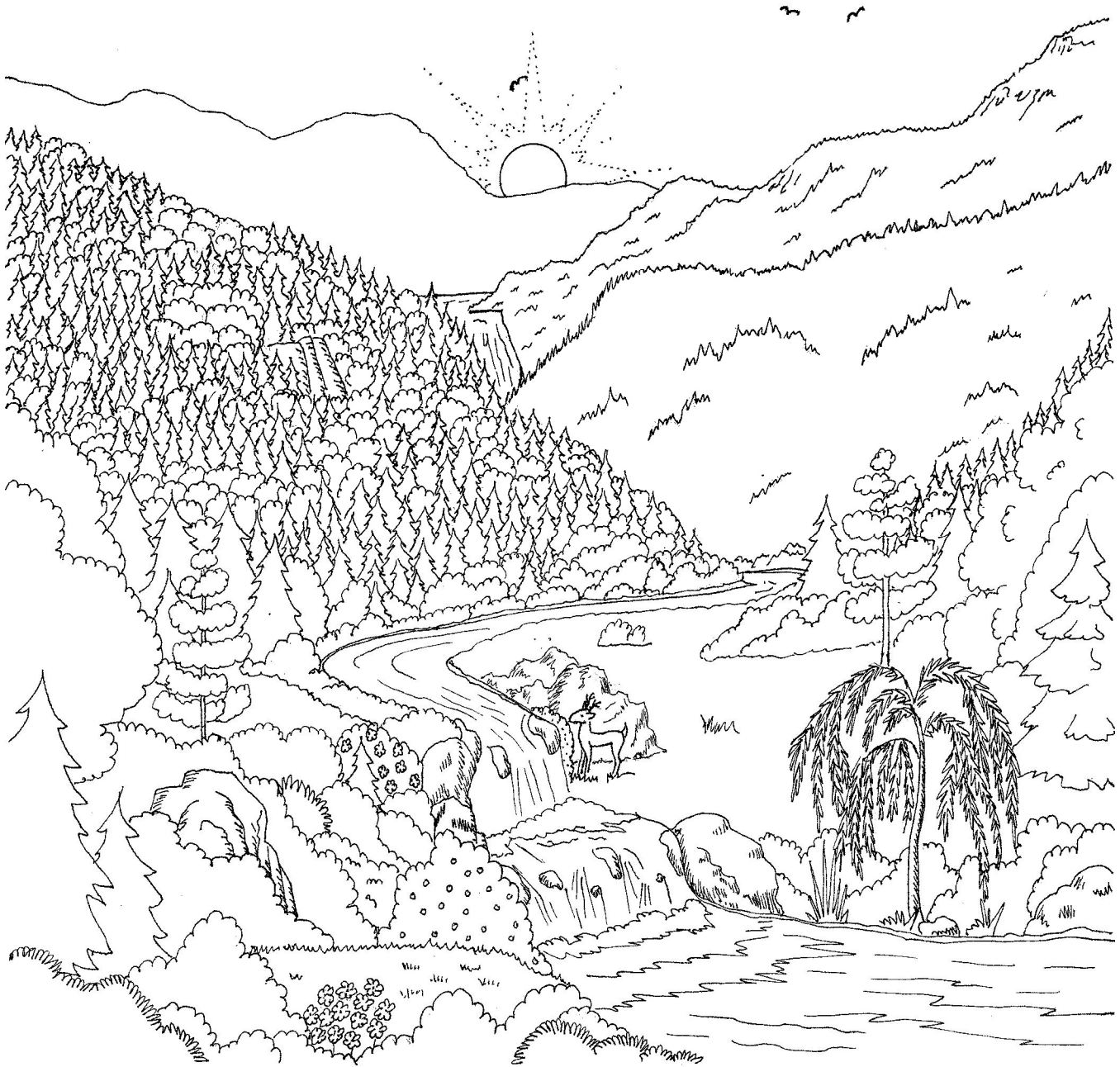
And God said, "Let there be lights in the firmament of the heavens to divide between the day and the night, and let them be for signs, and for seasons, and for days and years; And let them be for lights in the firmament of the heavens to give light upon the earth." And it was so. And God had made two great lights, the greater light to rule the day and the lesser light to rule the night; and God had made the stars also. And God set them in the firmament of the heavens to give light upon the earth, And to rule over the day and over the night, and to divide between the light and the darkness. And God saw that it was good. And the evening and the morning were the fourth day. *Genesis 1:14-19*



And God said, "Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven. And God created great whales, and every living creature that is moving, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good. And God blessed them, saying, Be fruitful, and multiply, and fill the waters in the seas, and let fowl multiply in the earth." And the evening and the morning were the fifth day. Genesis 1:20-23



And God said, "Let the earth bring forth the living creature after his kind... and it was so. And God made the beast of the earth after his kind, and cattle after their kind, and every thing that is creeping upon the earth after his kind: and God saw that it was good. And God said; Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that is creeping upon the earth." So God created man in His own image, in the image of God created He him; male and female created He them... And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day. Genesis 1:24-31



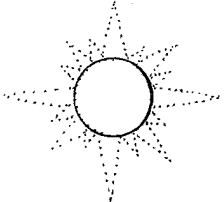


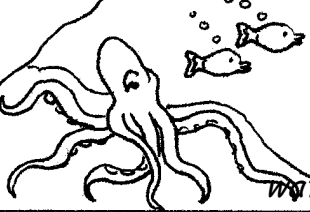

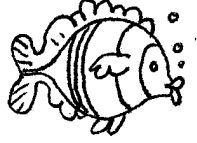
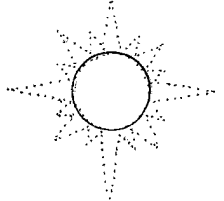
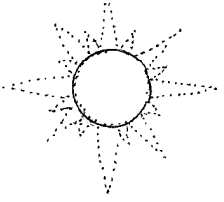
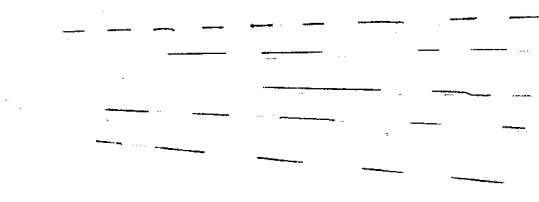
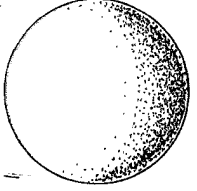
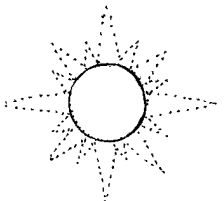
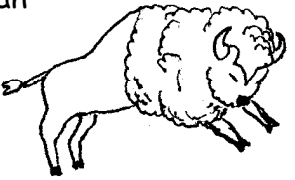
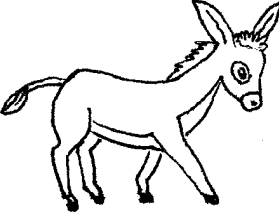

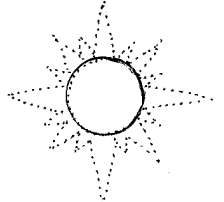

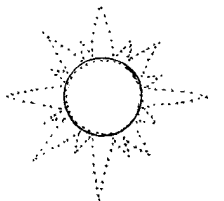

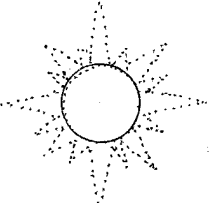
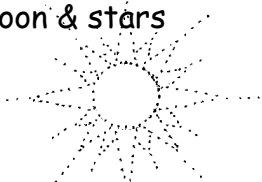
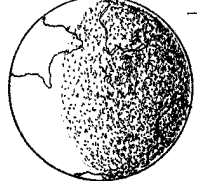
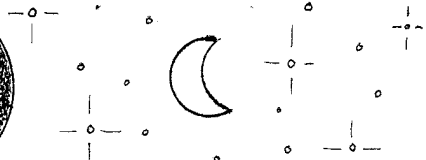
And by the beginning of the seventh day God finished His work which He had made. And He rested on the seventh day from all His work which He had made. And God blessed the seventh day and sanctified it because on it He rested from all His work which God had created and made.

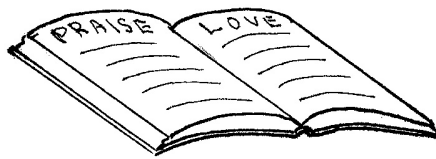
Genesis 2:2-3

In each circle of the sun on the left write the number of the day on which the pictured events took place.

Which Day?

An Event Picturing each of the Seven Days of Creation

	<p>birds &      water creatures</p>
	<p>rest</p> <h1 style="text-align: center;">Sabbath</h1>
	<p>light   Night & Day</p>
	<p>land animals & man   </p>
	<p>air we breath </p>
	<p>land, sea, plants & trees </p>
	<p>sun, moon & stars   </p>



SONGS

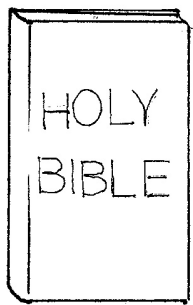


REST

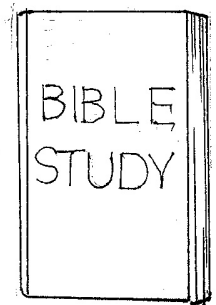
PRAYER



How We



Worship God



On The

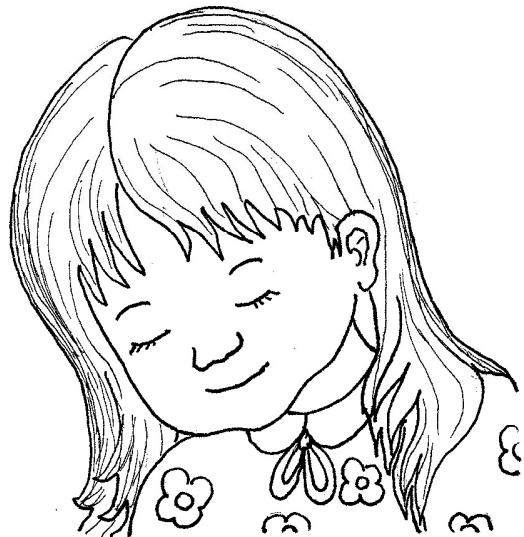
Sabbath

HOPE

TRUTH

LOVE

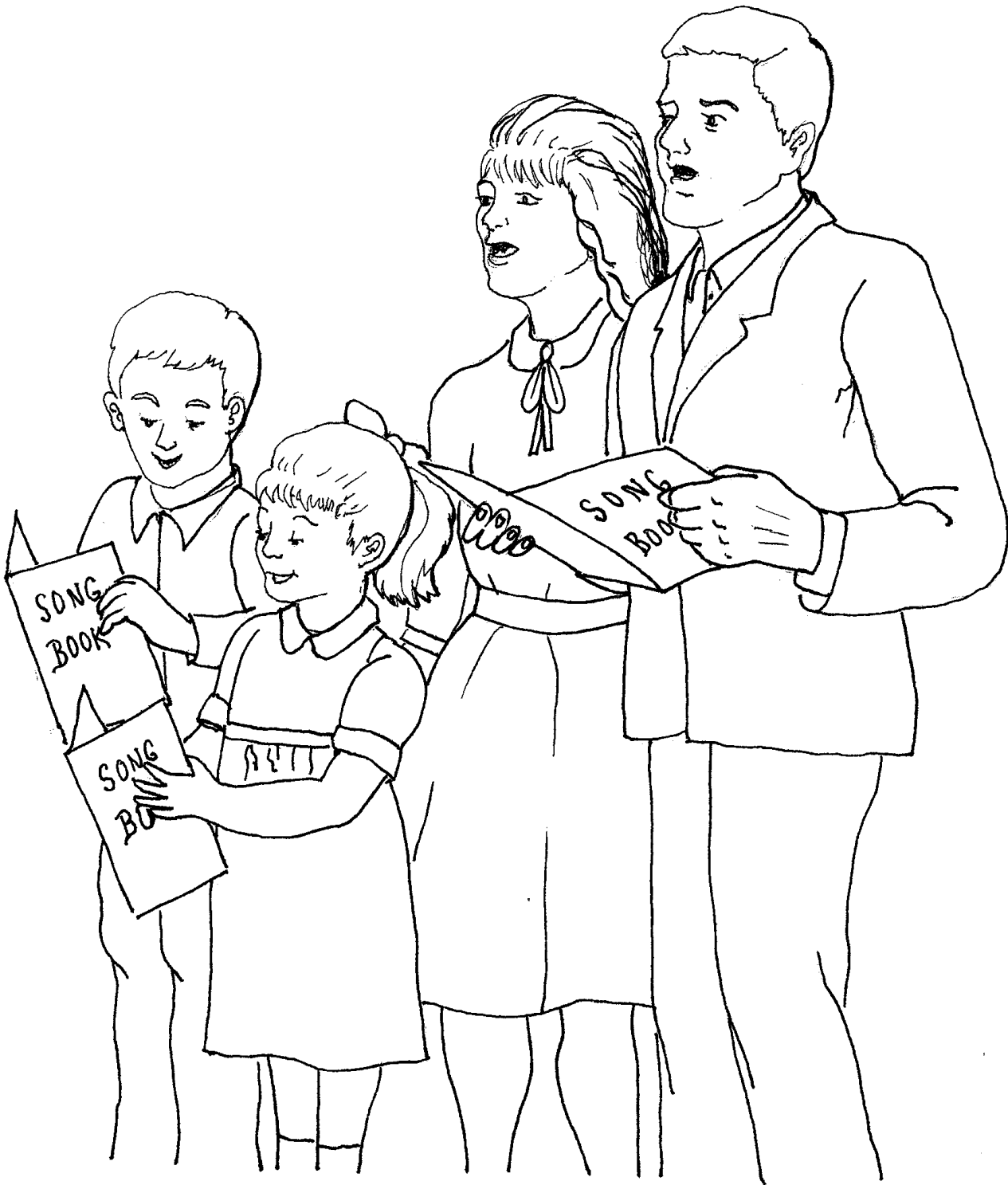
FAITH





"But Grandma BB, it doesn't call it the Sabbath in those verses," Tom said, "and what are we to do on the Sabbath?"

"Good questions," said Grandma BB. "Let us go to Exodus 20:8-11 and find out about the fourth of the Ten Commandments."



Remember the Sabbath day to keep it holy. Exodus 20:8

God knows we are forgetful, so He told us to practice it every week and keep it like a treasure. Singing songs of praise to God is one way to worship Him.



Remember the Sabbath day to keep it holy. Exodus 20:8

This means to keep God the Father in Heaven above and our Lord Jesus Christ in your thoughts, not doing your own ways. Pray to God the Father with thanksgiving and love.



Six days you shall labor and do all your work.

Exodus 20:9

God doesn't want us to be lazy and He knows we all have work that we must do to exist. So, He gave us six days to do these things.



But the seventh day is the Sabbath of the LORD your God. In it you shall not do any work, you, nor your son, nor your daughter... Exodus 20:10

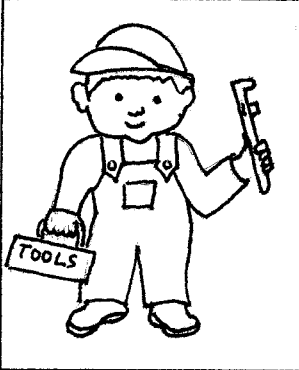
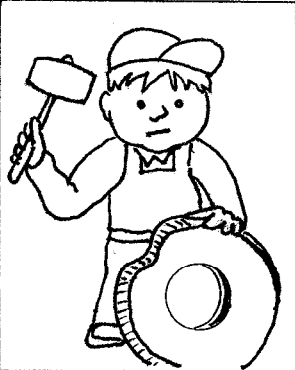





God wants the whole family to be involved in keeping His Sabbath.

MONTH						
1st day	2nd day	3rd day	4th day	5th day	6th day	7th day SABBATH
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Color all the Sabbath Days your favorite color.

But the seventh day is the Sabbath of the LORD your God. Exodus 20:10

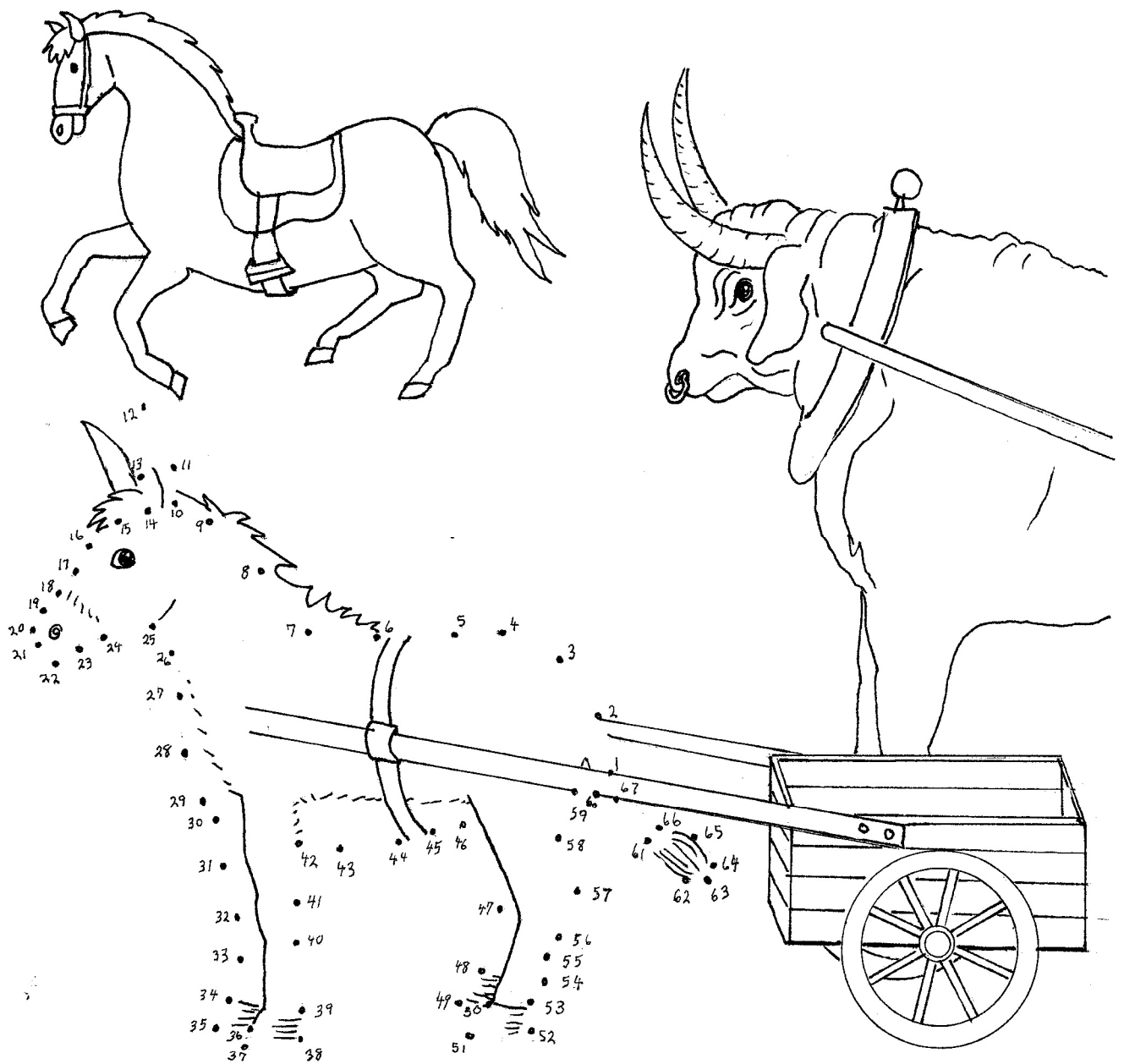
Now that is the answer to Tom's question concerning the Sabbath on the seventh day.

			
<i>Plumber</i>	<i>Tire man</i>	<i>Brick Layer</i>	<i>Housekeeper</i>
			
<i>Lawn boy</i>	<i>Baby Sitter</i>	<i>Seamstress</i>	<i>Gardener</i>

Draw a picture of someone that could be paid to work at your house.

...your manservant, nor your maidservant... Exodus 20:10

God wants even the people that you have hired to do work for you to rest also. Both the men and women are to rest.



Connect the dots to find another beast of burden.

...nor your livestock... Exodus 20:10

God doesn't even want your horses, donkeys or oxen to work on His Sabbath day.



The Sabbath was made for all people, everywhere.

...nor the stranger within your gates... Exodus 20:10

*God wants all his creation to rest on the Sabbath day.
Why? Because He blessed it and made it holy!*



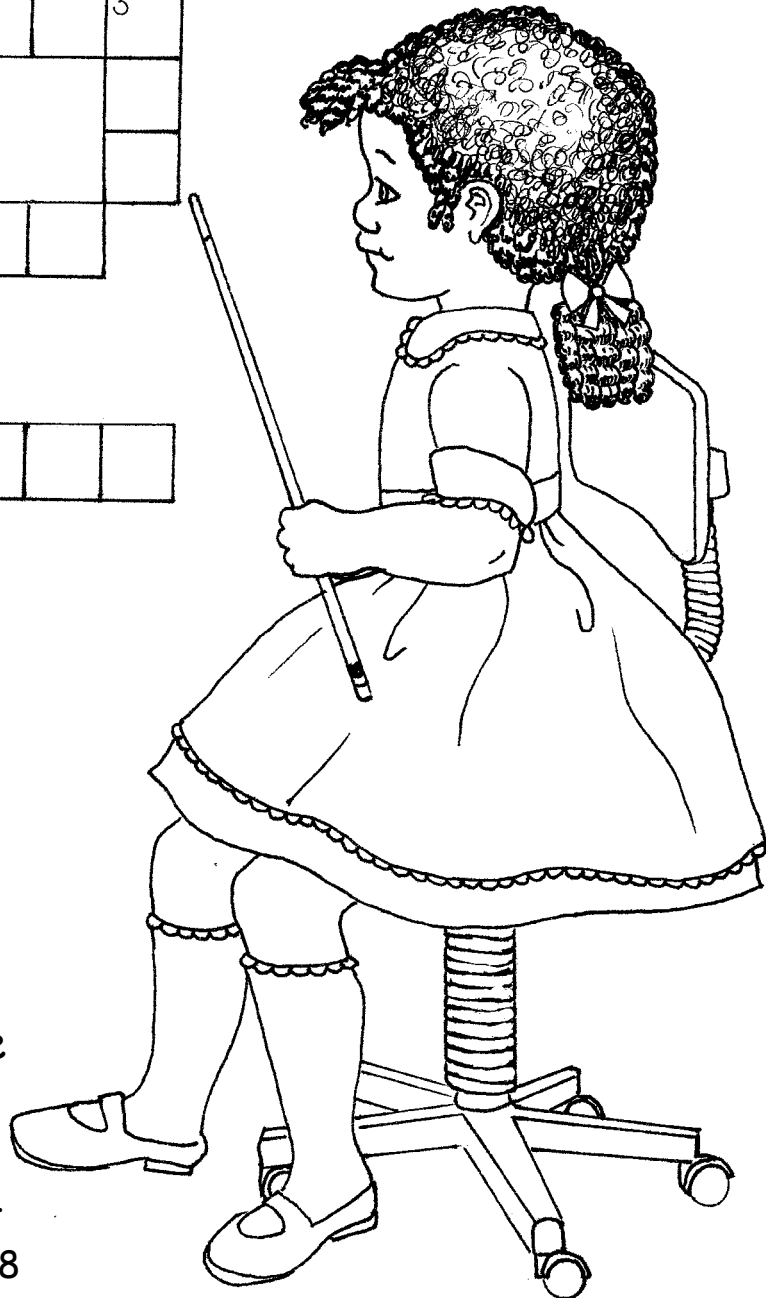
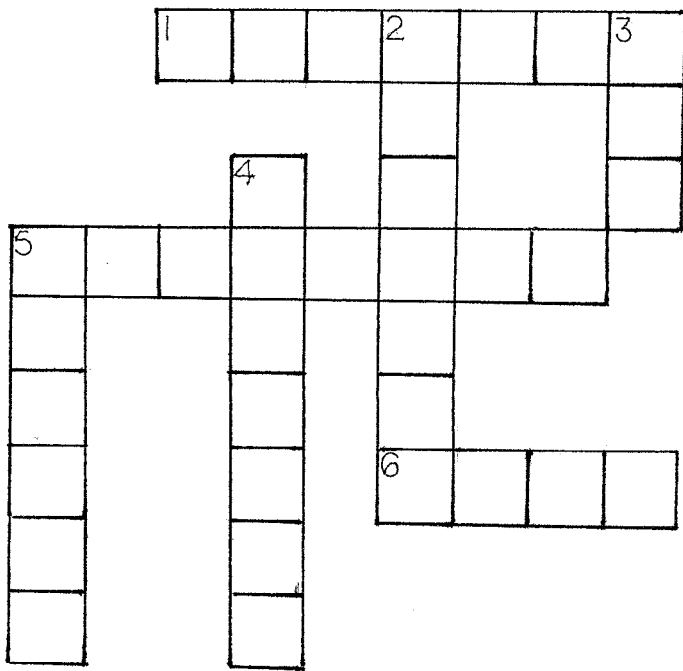
For in six days the LORD made the heaven and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and sanctified it. Exodus 20:11

So, when we rest on the Sabbath day, we are following God's example and remembering He is the great creator.



Therefore the LORD blessed the Sabbath day and sanctified it. Exodus 20:11

God did not bless any other day nor has He made any other day holy in the way He did His seventh day Sabbath in Genesis 2:3.



Across:

1. The LORD ----- the Sabbath day. Ex. 20:11

5. We are to ----- the Sabbath day. Ex. 20:8

6. We are to keep it ----
Ex. 20:8

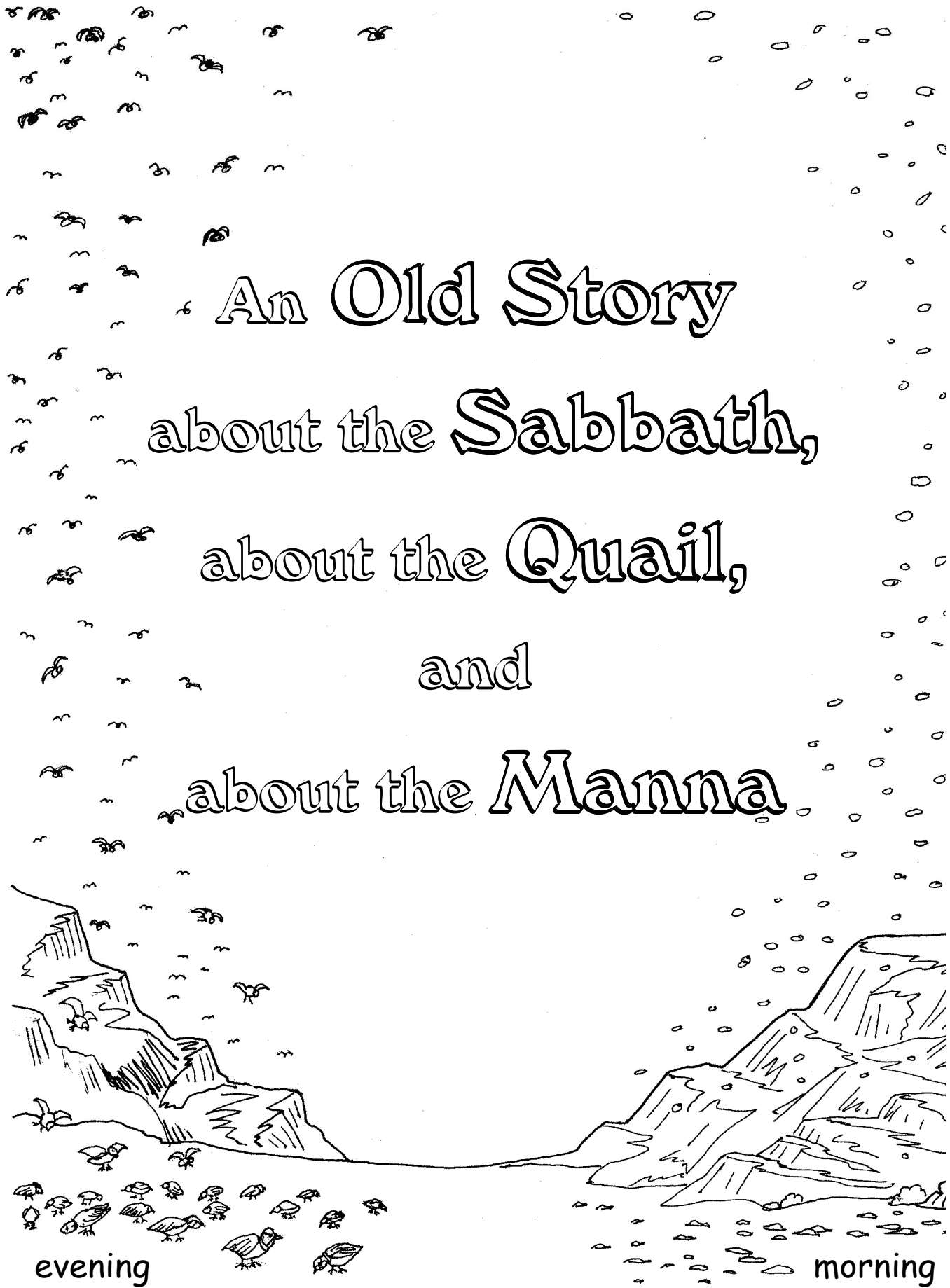
Down:

2. Remember the ----- day. Ex. 20:8

3 No other --- was hallowed. Ex. 20:11

4. But the ----- day is the Sabbath of the Lord your God;
Ex. 20:10

5. The LORD Himself ----- the seventh day. Ex. 20:11



An Old Story
about the Sabbath,
about the Quail,
and
about the Manna

evening

morning



"Papa, will you tell us the old story about the Sabbath in the Bible."

"Sure, we will start with Exodus 16:1-36"



And they took their journey from Elim, and all the congregation of the children of Israel came into the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after their departing out of the land of Egypt. Exodus 16:1

Note: On 15th day of the 2nd month, they were in the wilderness of Sin and it was a weekly Sabbath.



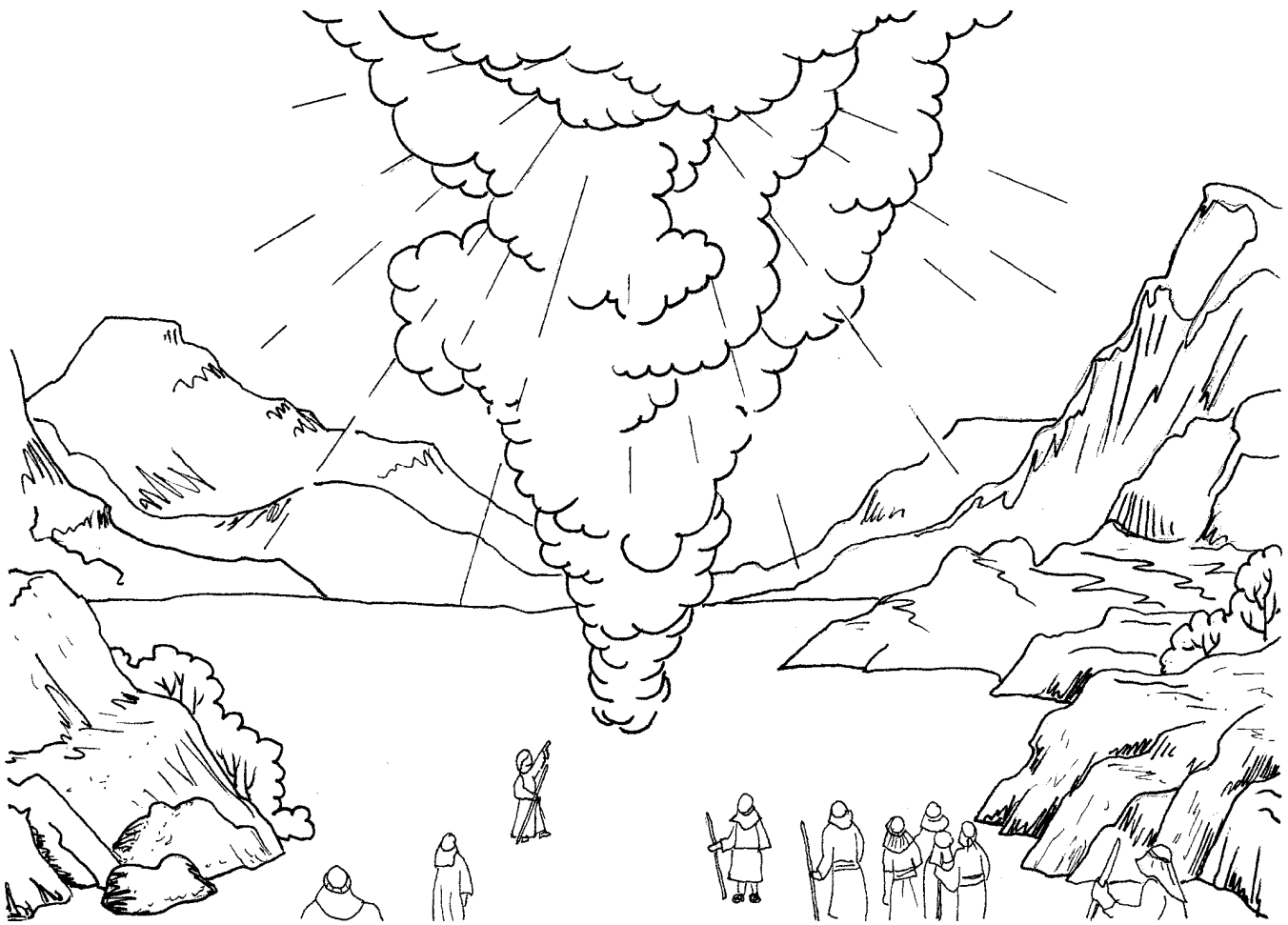
All of the people of Israel murmured against Moses and Aaron in the wilderness, saying we wish that God had killed us in Egypt where we had plenty of bread and meat to eat. For you have brought us into this wilderness to kill us with hunger. Exodus 16:2-3 (paraphrased)

Then the LORD said to Moses, "Behold, I will rain bread from the heavens for you. And the people shall go out and gather a certain amount every day, that I may prove them, whether they will walk in My law or not. And it shall come to pass on the sixth day, they shall prepare what they bring in. And it shall be twice as much as they gather day by day."

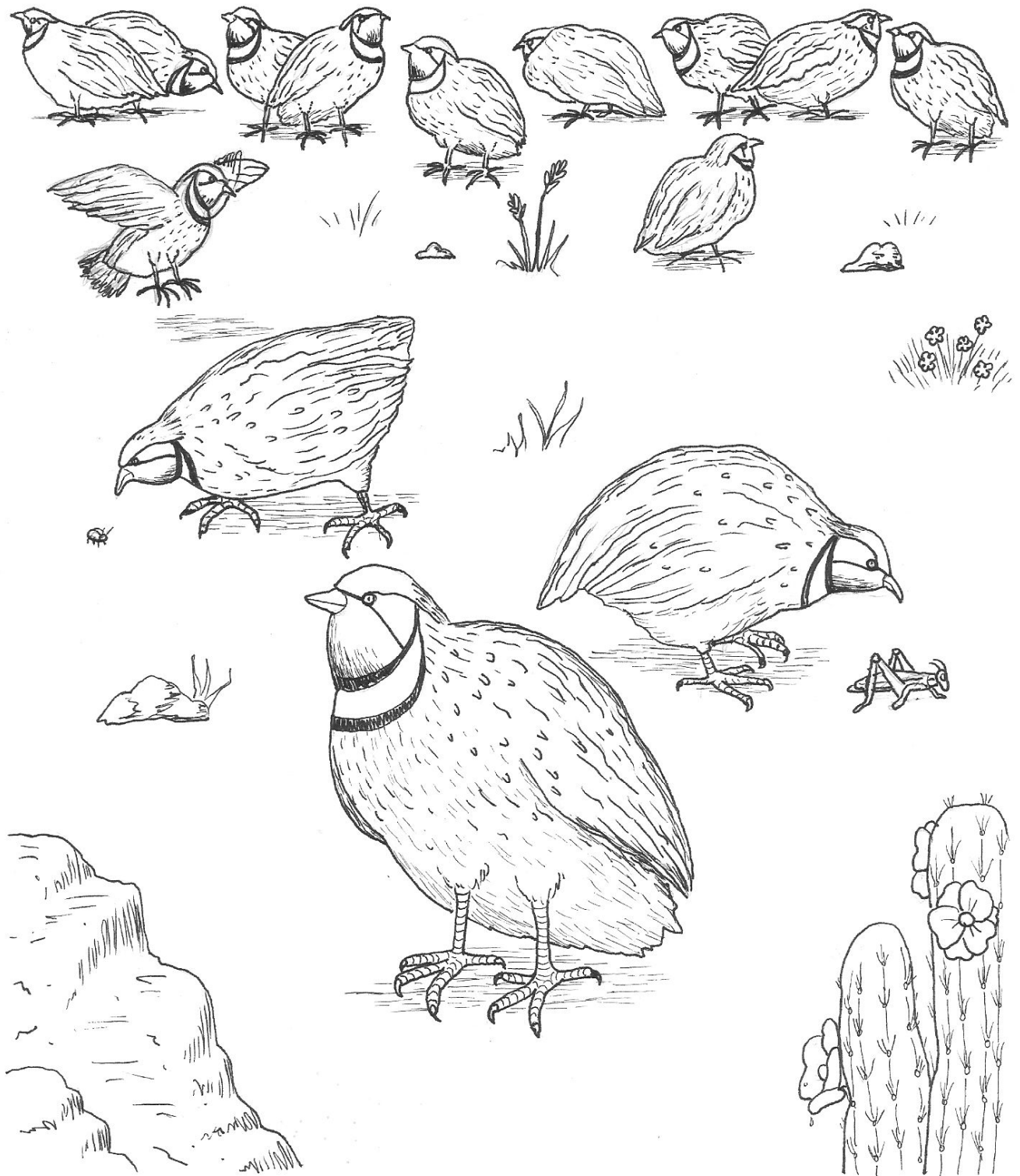
Exodus 16:4-5



And Moses and Aaron said to all the children of Israel, "At sunset, then you shall know that the LORD has brought you out from the land of Egypt. And at sunrise, you shall see the glory of the LORD, for He hears your murmurings against the LORD. And what are we that you murmur against us?" And Moses said, "You will see when the LORD shall give you flesh to eat at sunset and bread to the full at sunrise, for the LORD hears your murmurings which you murmur against Him. And what are we? Your murmurings are not against us, but against the LORD." Exodus 16:6-8



And Moses spoke to Aaron, "Say to all the congregation of the children of Israel, 'Come near before the LORD, for He has heard your murmurings.' " And it came to pass as Aaron spoke to the whole congregation of the children of Israel that they turned toward the wilderness. And behold, the glory of the LORD appeared in the cloud! And the LORD spoke to Moses, saying, "I have heard the murmurings of the children of Israel. Speak to them, saying, 'Between the two evenings you shall eat flesh, and in the morning you shall be filled with bread. And you shall know that I am the LORD your God.' " Exodus 16:9-12



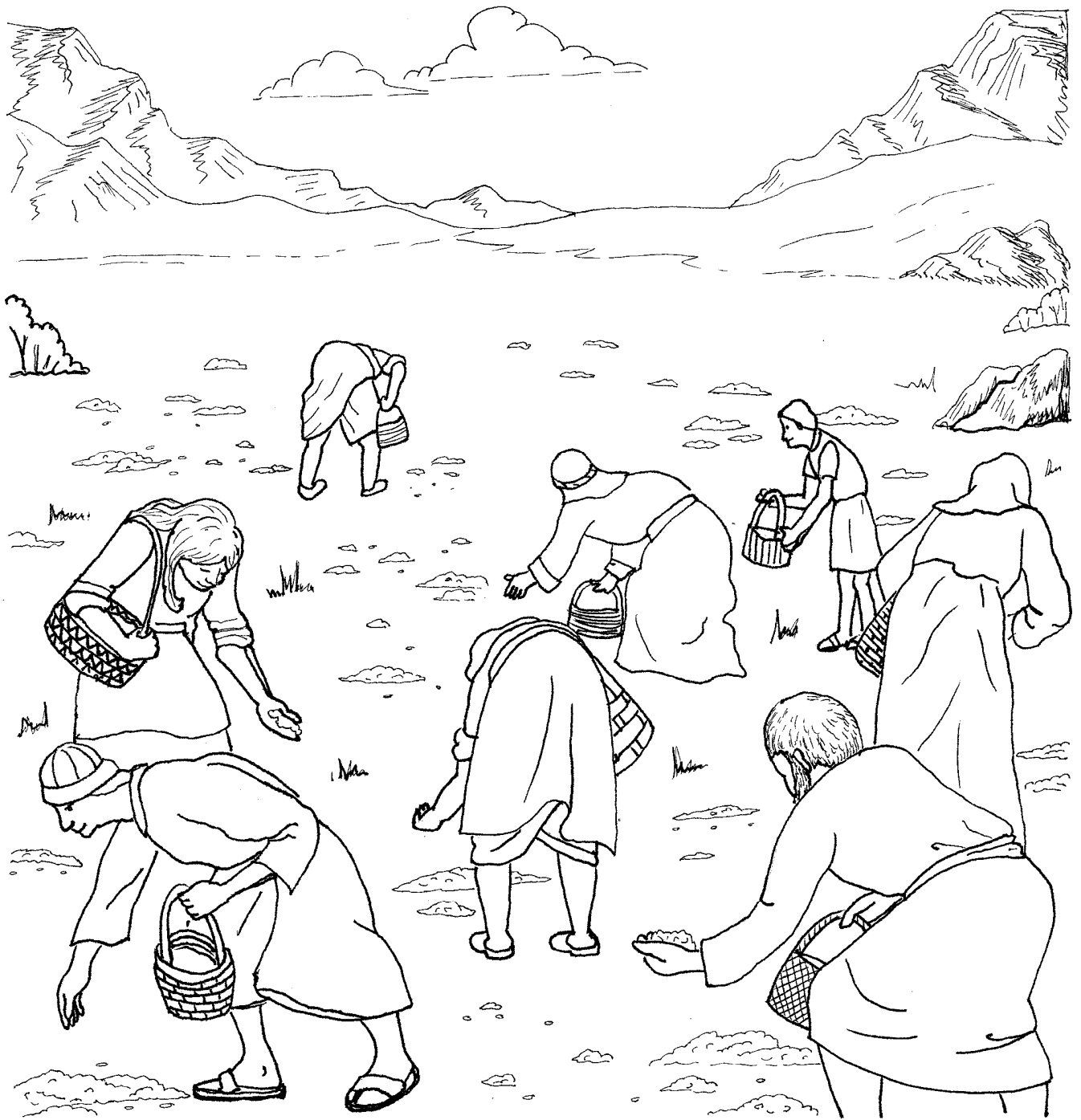
And it came to pass, at sunset, that the quails came up and covered the camp. And at sunrise the dew lay all around the camp. Exodus 16:13



And when the layer of dew had gone up, behold, there was a small round thing upon the face of the wilderness, small as the hoar-frost upon the ground. And when the children of Israel saw it, they said one to another, "What is that?" For they did not know what it was. And Moses said to them, "This is the bread which the LORD has given you to eat. This is the thing which the LORD has commanded. 'Each man gather of it according to his eating, an omer for each one, according to the number of your persons. Each one shall take for those who are in his tent.' " Exodus 16:14-16

HOAR means white *MANNA* means "What is it?"

An OMER is about 2 to 3 quarts.



And the children of Israel did so, and gathered, some more, and some less. And when they measured with an omer, he that gathered much had nothing over, and he that gathered little lacked nothing. They gathered each one according to his eating. Exodus 16:17-18



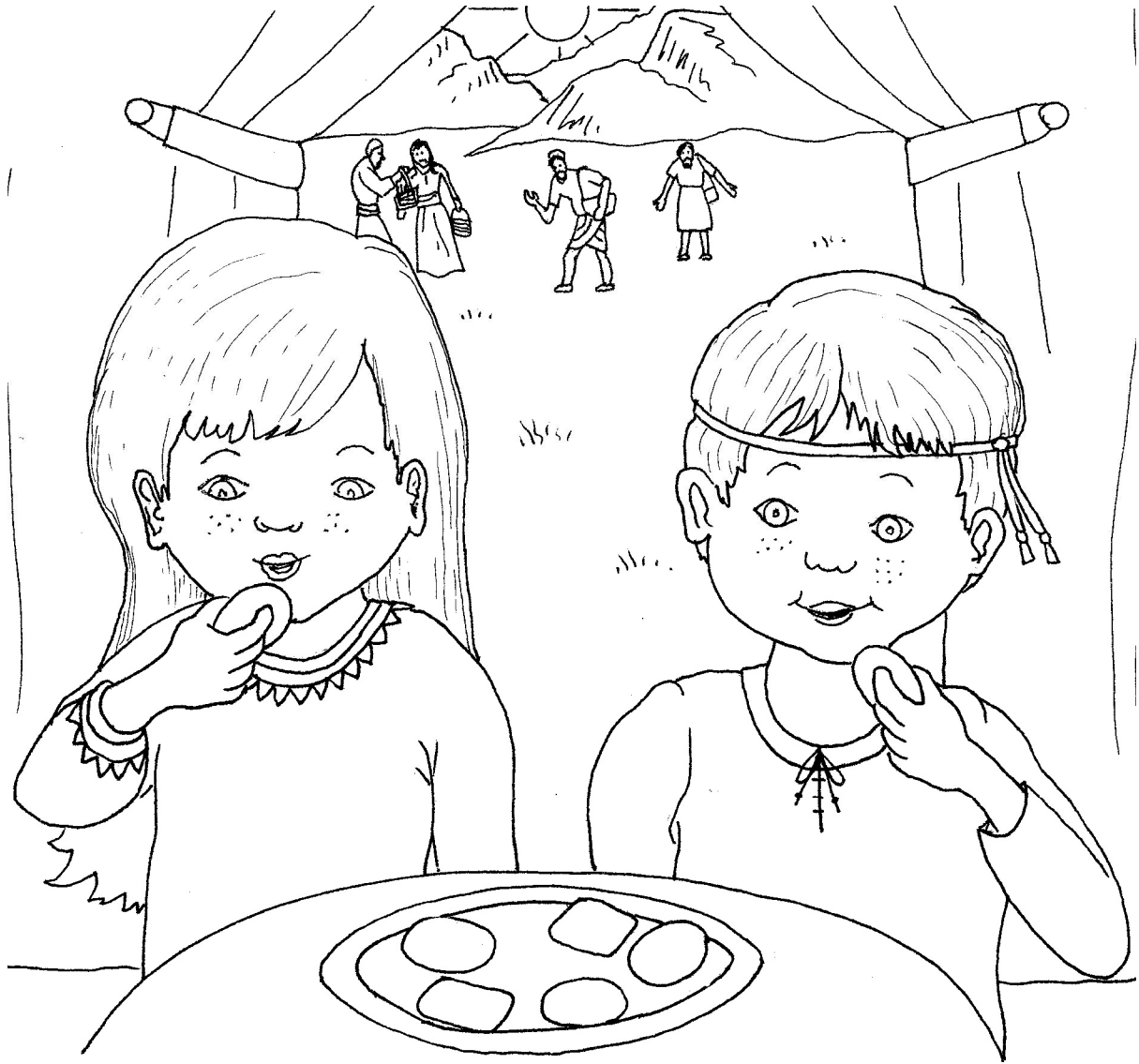
And Moses said, "Let no man leave any of it until the next morning." But they did not hearken to Moses, and some of them left part of it until the next morning. And it became rotten with maggots, and stank. And Moses was angry with them. Exodus 16:19-20



And they gathered it morning by morning, each man according to his eating. And when the sun became hot, it melted. Exodus 16:21



And it came to pass, on the sixth day they gathered twice as much bread, two omers for each one. And all the rulers of the congregation came and told Moses. And he said to them, "This is that which the LORD has said, 'Tomorrow is the rest of the holy Sabbath to the LORD. Bake what you will bake today, and boil what you will boil. And that which remains over, lay up for yourselves to be kept until the next morning.' " Exodus 16:22-23



And they laid it up until the next morning as Moses said. And it did not stink; neither was there any worm in it. And Moses said, "Eat it today, for today is a Sabbath to the LORD. Today you shall not find it in the field. Six days you shall gather it, but on the seventh day, the Sabbath, in it there shall be none." And it came to pass that some of the people went out on the seventh day in order to gather, but they did not find any. Exodus 16:24-27



And the LORD said to Moses, "How long do you refuse to keep My commandments and My laws? See, because the LORD has given you the Sabbath, therefore He gives you the bread of two days on the sixth day. Let each one stay in his place. Do not let any one go out of his place on the seventh day." Exodus 16:28-29



So the people rested on the seventh day. And the house of Israel called the name of it Manna. And it was like coriander seed, white. And the taste of it was like wafers with honey. Exodus 16:30-31



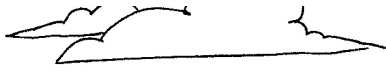
And Moses said, "This is the thing which the LORD has commanded, 'Fill an omer of it to be kept for your generations, so that you may see the bread with which I have fed you in the wilderness, when I brought you out from the land of Egypt.' " And Moses said to Aaron, "Take a pot and put an omer full of manna in it, and lay it up before the LORD to be kept for your generations." As the LORD commanded Moses, so Aaron laid it up before the testimony to be kept. Exodus 16:32-34

*An **OMER** is about 2 to 3 quarts.*

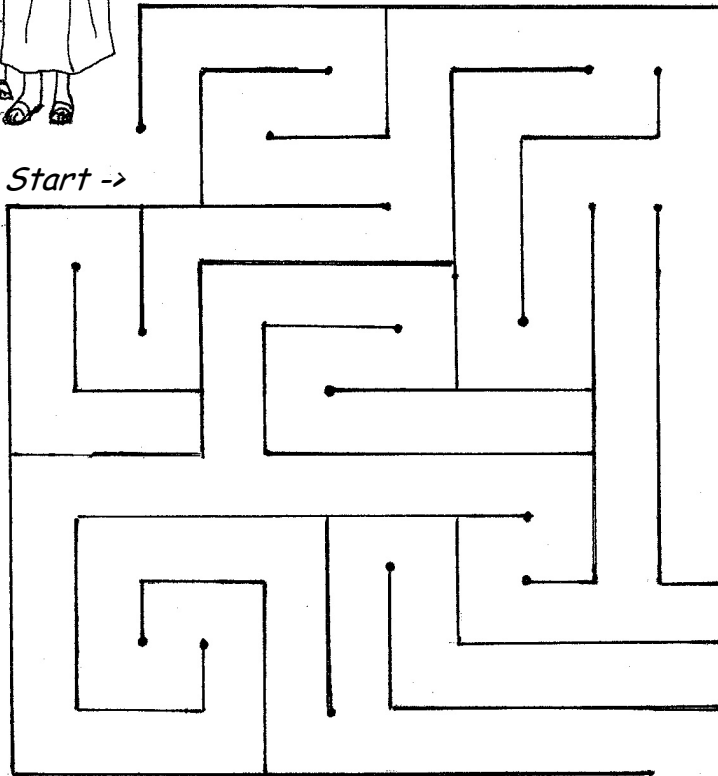


And the children of Israel ate manna forty years until they came to a habitable land. They ate manna until they came into the borders of the land of Canaan. And an omer is the tenth part of an ephah. Exodus 16:35-36

An EPHAH is about 20 to 30 quarts.

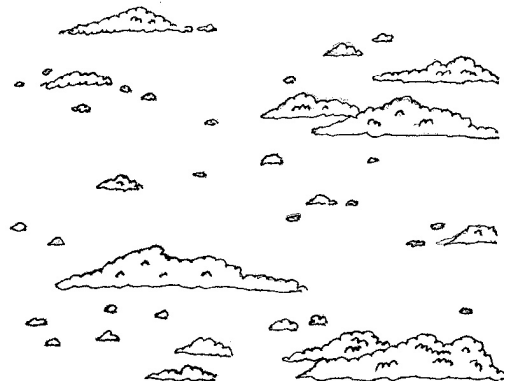
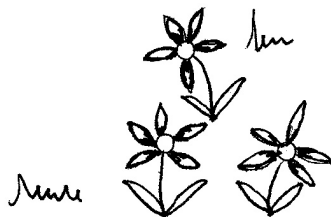
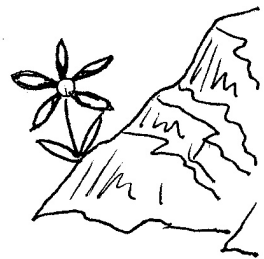


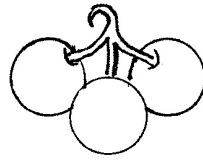
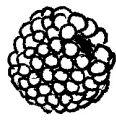
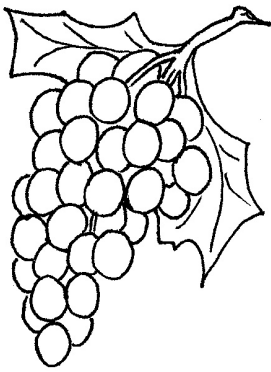
*Please help this family
find their way to the Manna.*



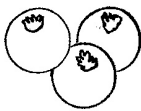
Start ->

Manna !!!

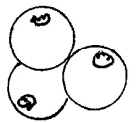




All 7 of

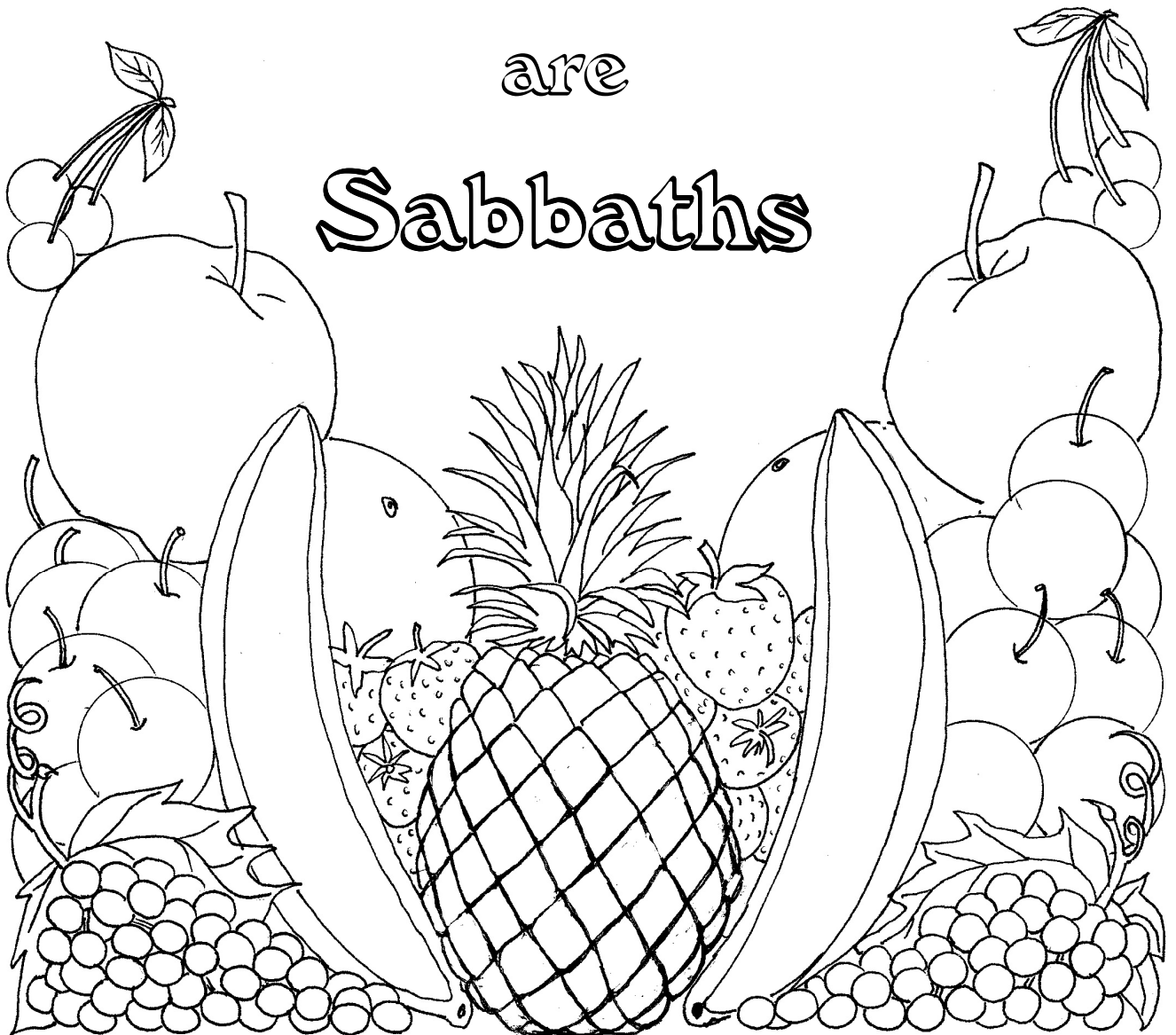


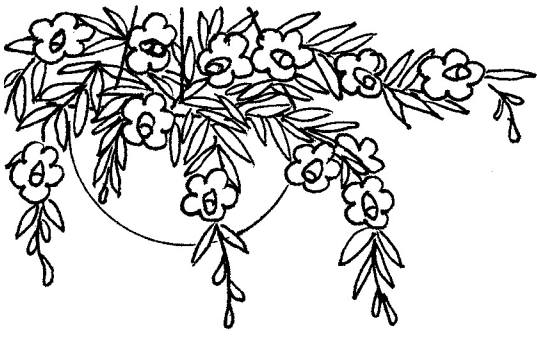
God's Feasts



are

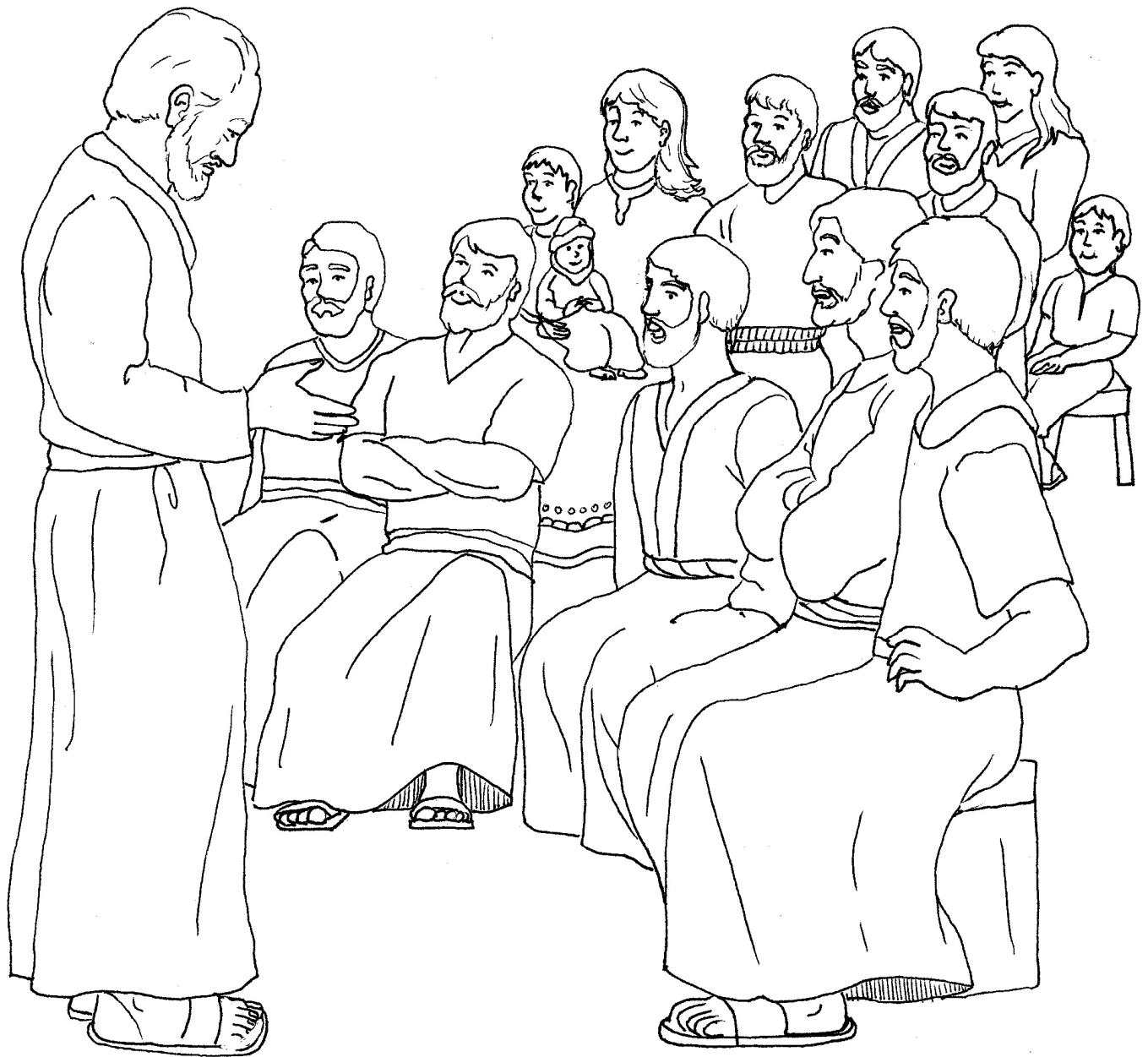
Sabbaths





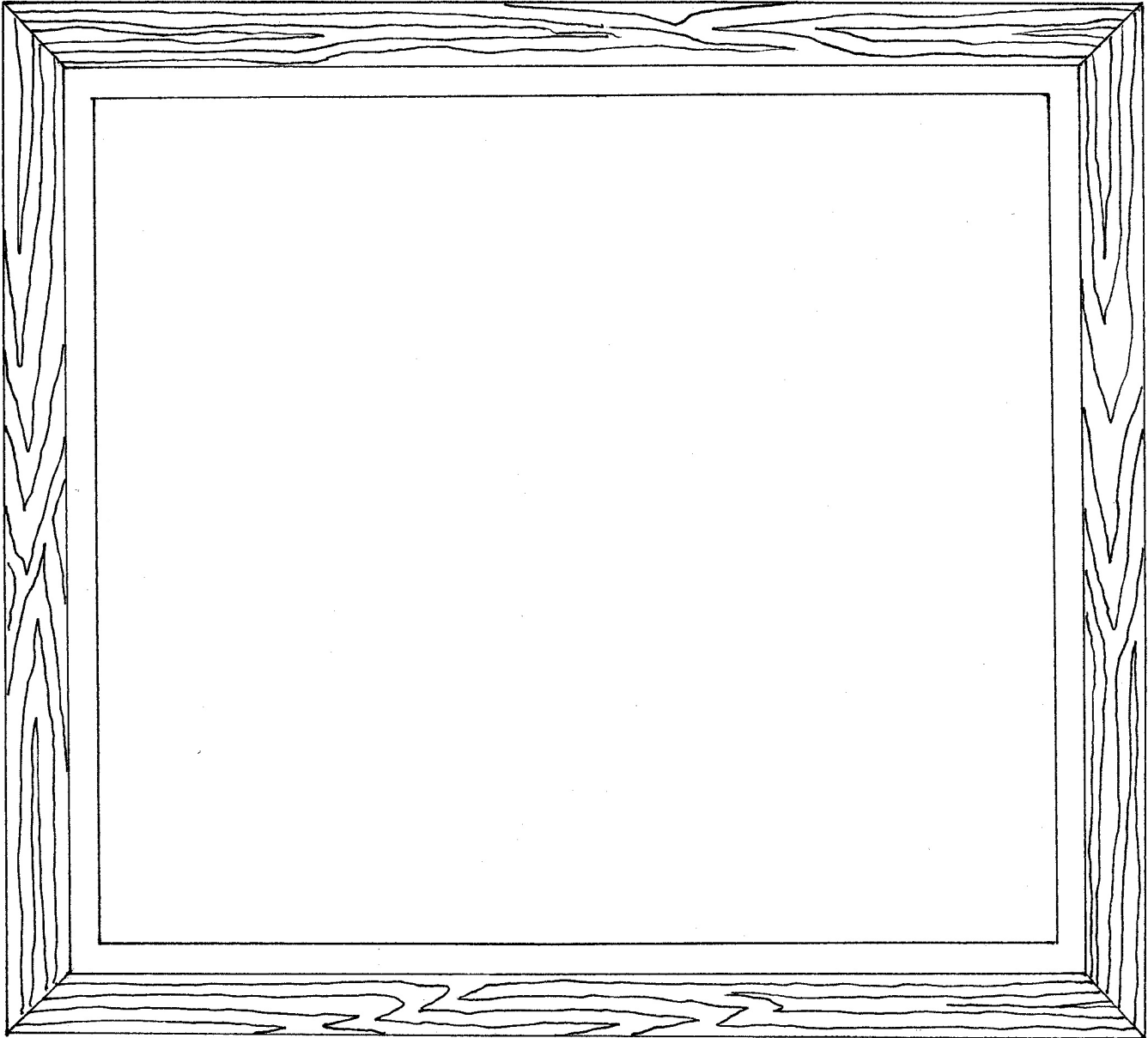
Then Susie asked, "Hey, Mom and Dad, are we talking about the Sabbath being on the Seventh day?"

Dad said, "The seven Holy Days of God are also Sabbaths."



Dad continued and said, "First of all, we must read what God says. "Speak to the children of Israel and say to them, 'Concerning the appointed feasts of the LORD, which you shall proclaim to be holy convocations (meetings), even these are My appointed feasts.' " Leviticus 23:2

Draw a picture of someone resting at your home.






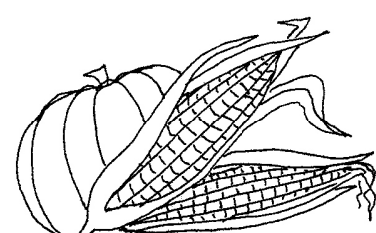



Six days shall work be done, but the seventh day is the Sabbath of rest, a holy convocation. You shall not do any work. It is a Sabbath to the LORD in all your dwellings.

Leviticus 23:3

Notice how God starts with the seventh day Sabbath when He describes His feast days in Leviticus, chapter 23.

Seven Sabbaths

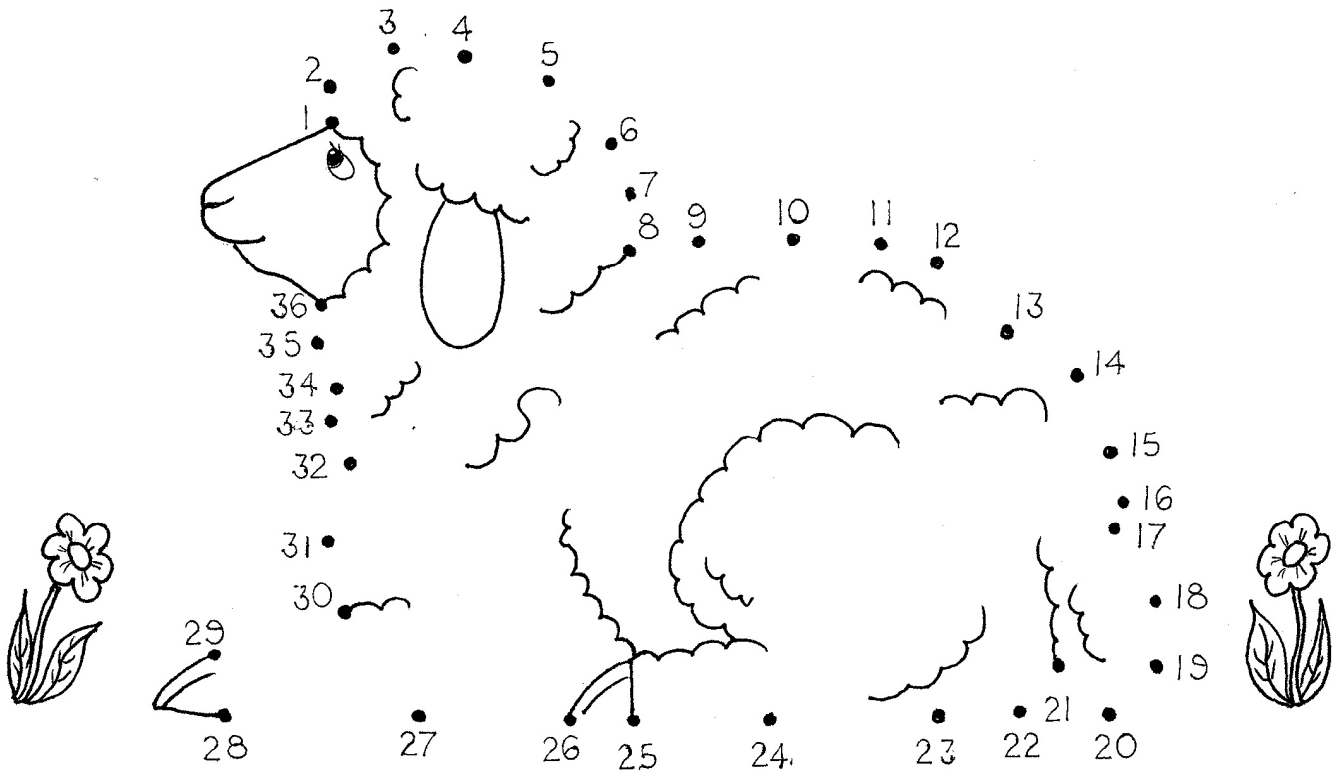
	<p>Month of Young Barley</p>  <p>1st Day of Unleavened Bread</p>	<p>Personal Triumph over Sin</p>  <p>7th Day of Unleavened Bread</p>
<p>Wheat Harvest Time</p>  <p>Pentecost</p>	<p>Late Summer</p>  <p>Feast of Trumpets</p>	<p>Late Summer</p>  <p>Day of Atonement</p>
<p>Fall Harvest Time</p>  <p>1st Day Feast of Tabernacles</p>	<p>Fall Harvest Time</p>  <p>Last Great Day of the Feast</p>	<h2>God's Feasts</h2>

These are the appointed feasts of the LORD, holy convocations which you shall proclaim in their appointed seasons. Leviticus 23:4

These feasts belong to God, He made them to be kept by all mankind. Jesus also said He was LORD of the Sabbath in Matthew 12:8. The meanings of the feast days reveal God's plan for all mankind and how wonderful it is.

PASSOVER

While the Passover is not a Sabbath, it is a Feast of God and is included in His plan of salvation for us.



What this Feast stands for today:

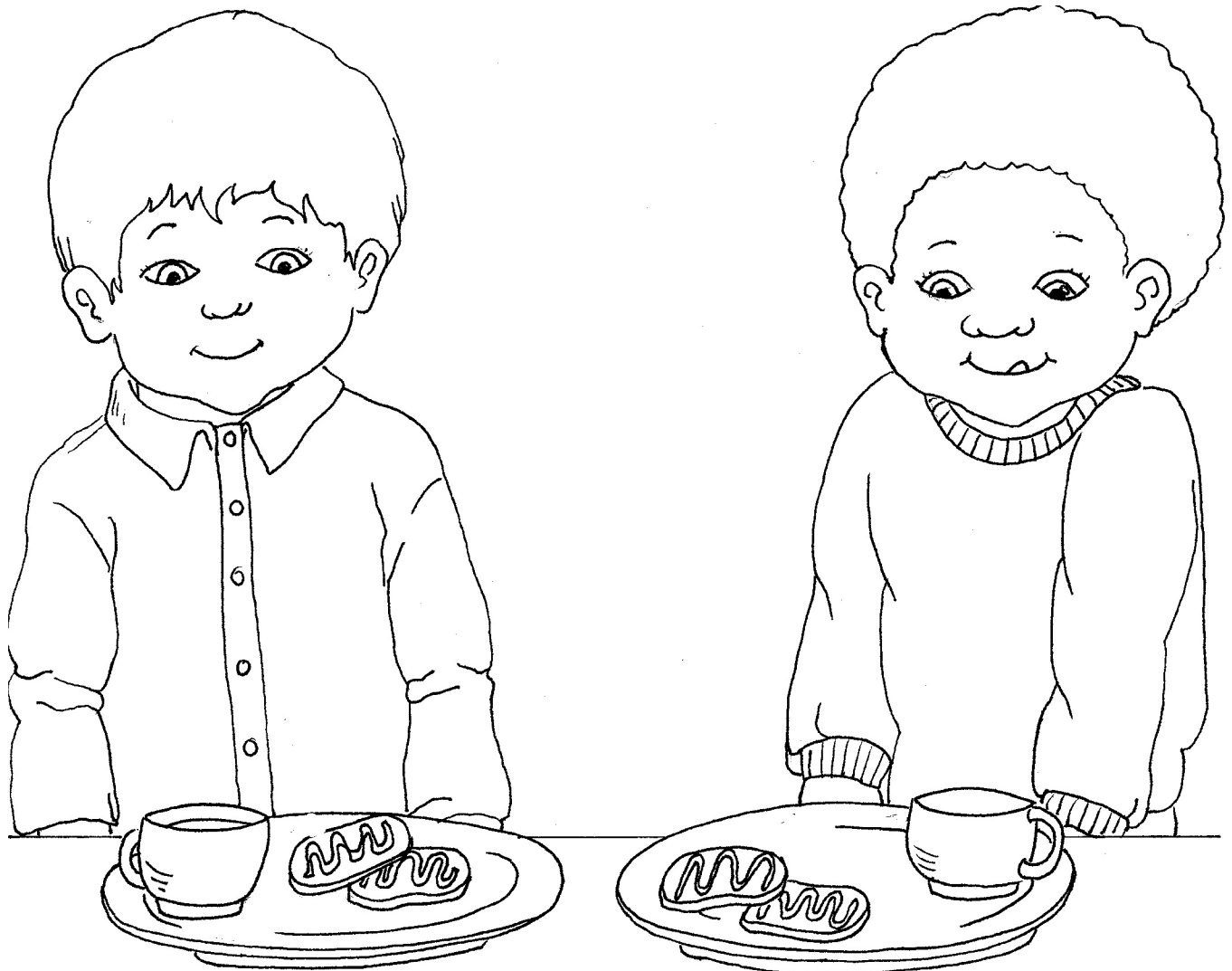
For God so loved the world that He gave His only begotten Son, so that everyone who believes in Him may not perish, but may have everlasting life. For God sent not His Son into the world that He might judge the world, but that the world might be saved through Him. John 3:16-17

...John sees Jesus coming to him, and he says, "Behold the Lamb of God, Who takes away the sin of the world.

John 1:29

1ST Day

UNLEAVENED BREAD



Mmmm! Our favorite unleavened cookies.

What this Feast stands for today:

- 1> Christians are becoming unleavened in Christ.
- 2> During this Feast, leaven represents sin.
- 3> Sin is breaking the commandments of God. We must keep them.

7th Day of UNLEAVENED BREAD



We are becoming better friends because God has taught us to forgive each other and help by praying for each other.

What this Feast stands for today:

- 1> Overcoming sin by the power of God's Holy Spirit and walking in newness of life.
- 2> Through Faith in Jesus Christ we are the spiritual seed of Abraham.

PENTECOST - Feast of First Fruits

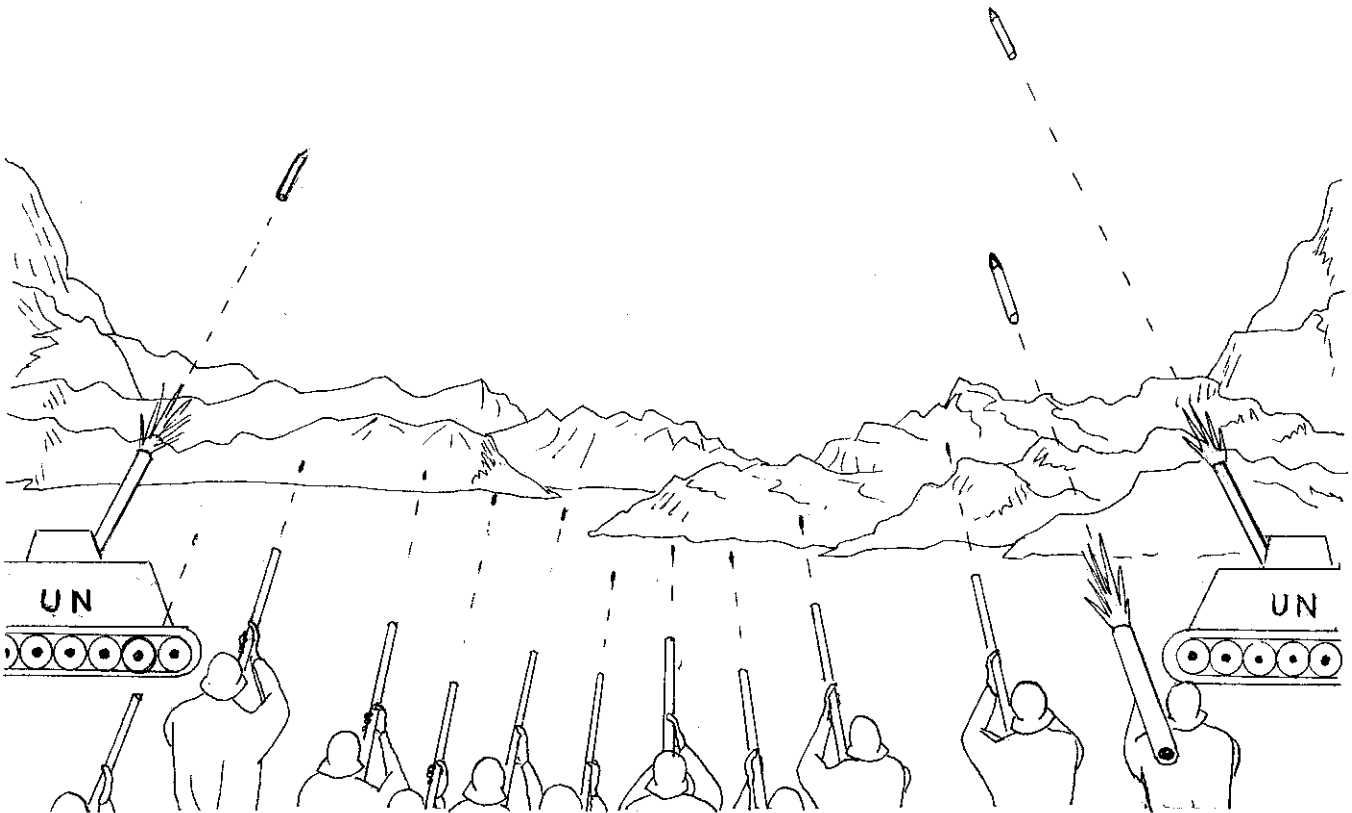
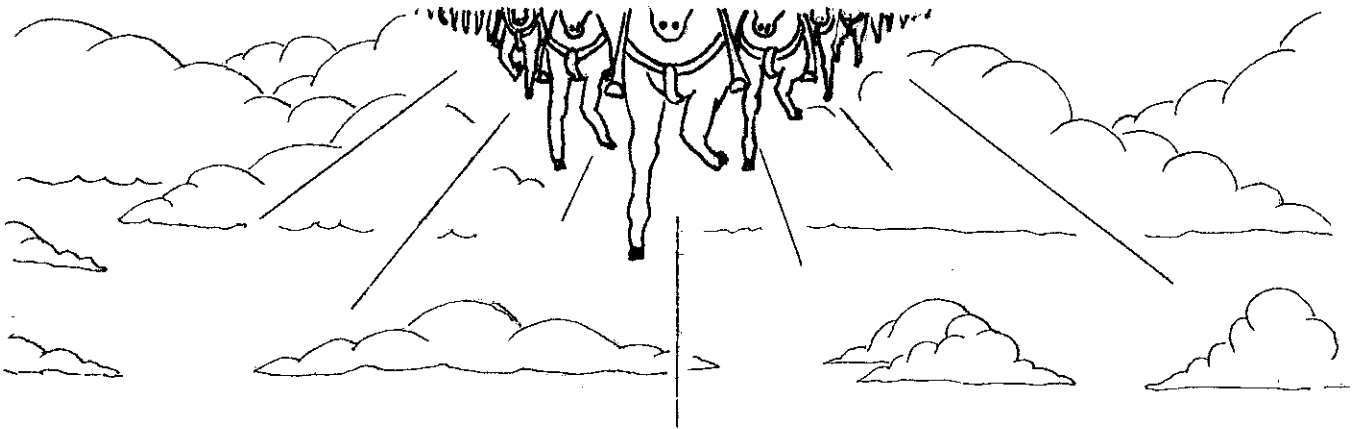


We read in Acts 2 that on the day of Pentecost the Holy Spirit was given and 3,000 people believed and were baptized into the faith of Jesus Christ for the remission of their sins.

What this Feast stands for today:

- 1> The Church receiving the Holy Spirit of God, which is the promise of eternal life.
- 2> Jesus was the first of the firstfruits. True Christians are firstfruits (the first resurrection) unto God and we will meet Him on the Sea of Glass.

FEAST OF TRUMPETS

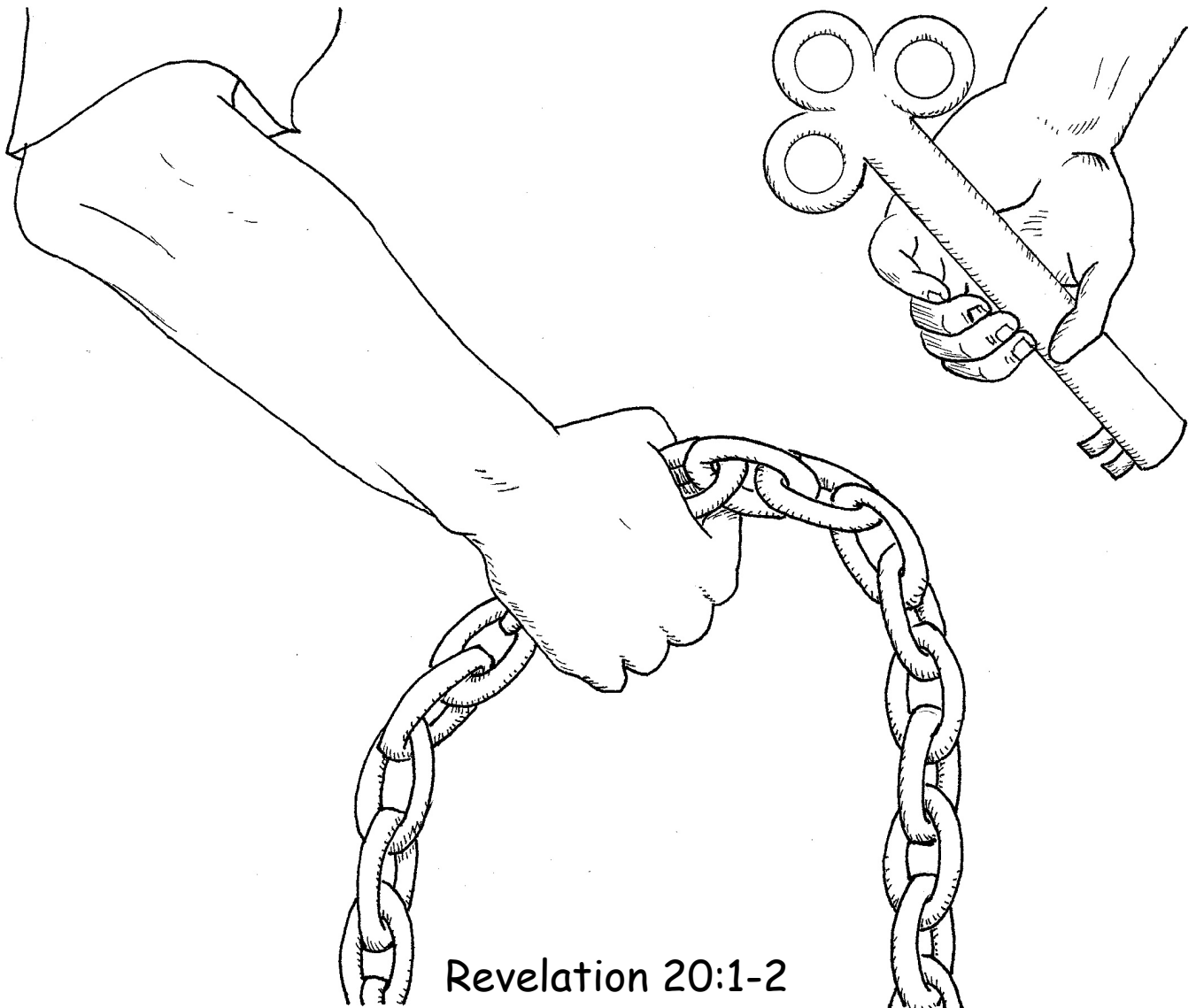


*Feast of Trumpets is a memorial of blowing of the trumpets-
-a war feast.*

What this Feast stands for today:

- 1> God's triumph over Satan and all evil.
- 2> Christ and His Saints return to the earth from the Sea of Glass.

DAY OF ATONEMENT



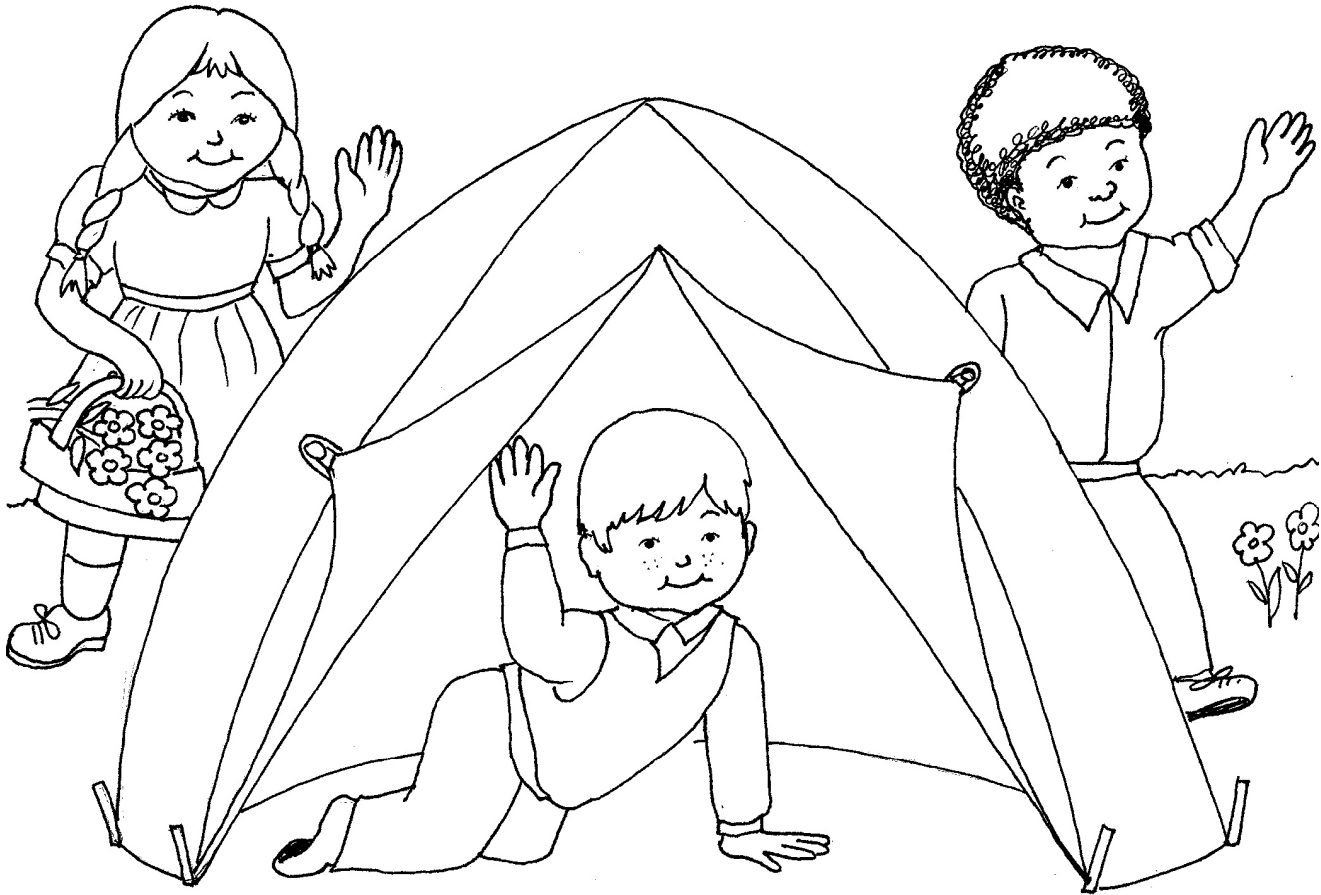
Revelation 20:1-2

Christ's sacrifice has atoned for all the sins of all people and Satan is put away for 1,000 years.

What this Feast stands for today:

- 1> Satan is removed and bound for 1,000 years.
- 2> The Sacrifice of Jesus Christ is applied to all the people of the world that repent.
- 3> Saints as spirit beings at one with God the Father and Jesus Christ. **(At-One-Ment)**

FEAST of TABERNACLES



Anda Vana

11/11

11/1

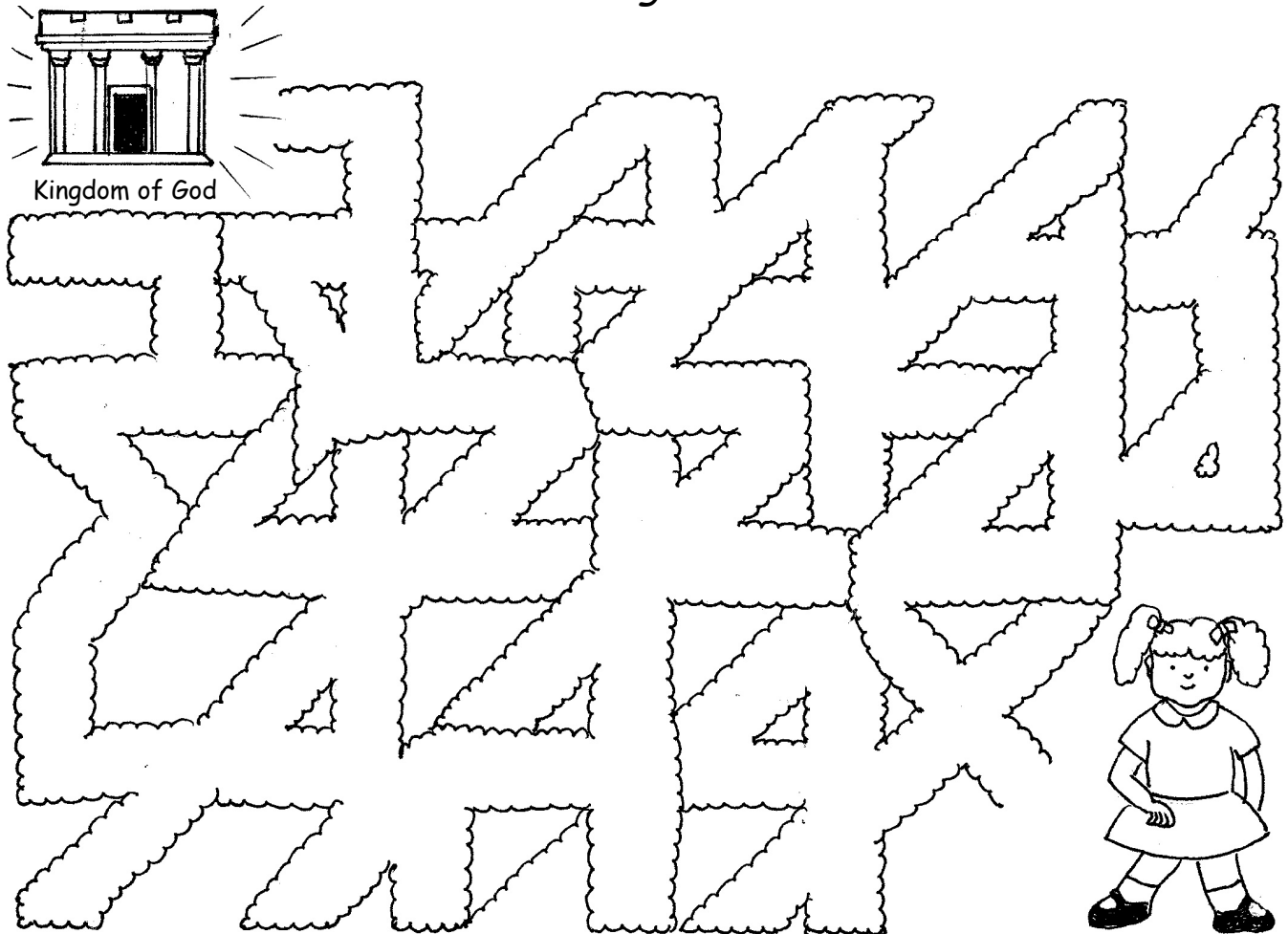
We are dwelling in temporary dwellings.

What this Feast stands for today:

- 1> Jesus Christ—*God in the flesh*—tabernacled with mankind, starting when He was born in Bethlehem.
- 2> By God's Holy Spirit, Christ is dwelling in the Saints—true Christians today.
- 3> The saints waiting for spiritual bodies.
- 4> Our physical bodies are temporary tabernacles.
- 5> 1,000 year reign of Jesus Christ with the saints.

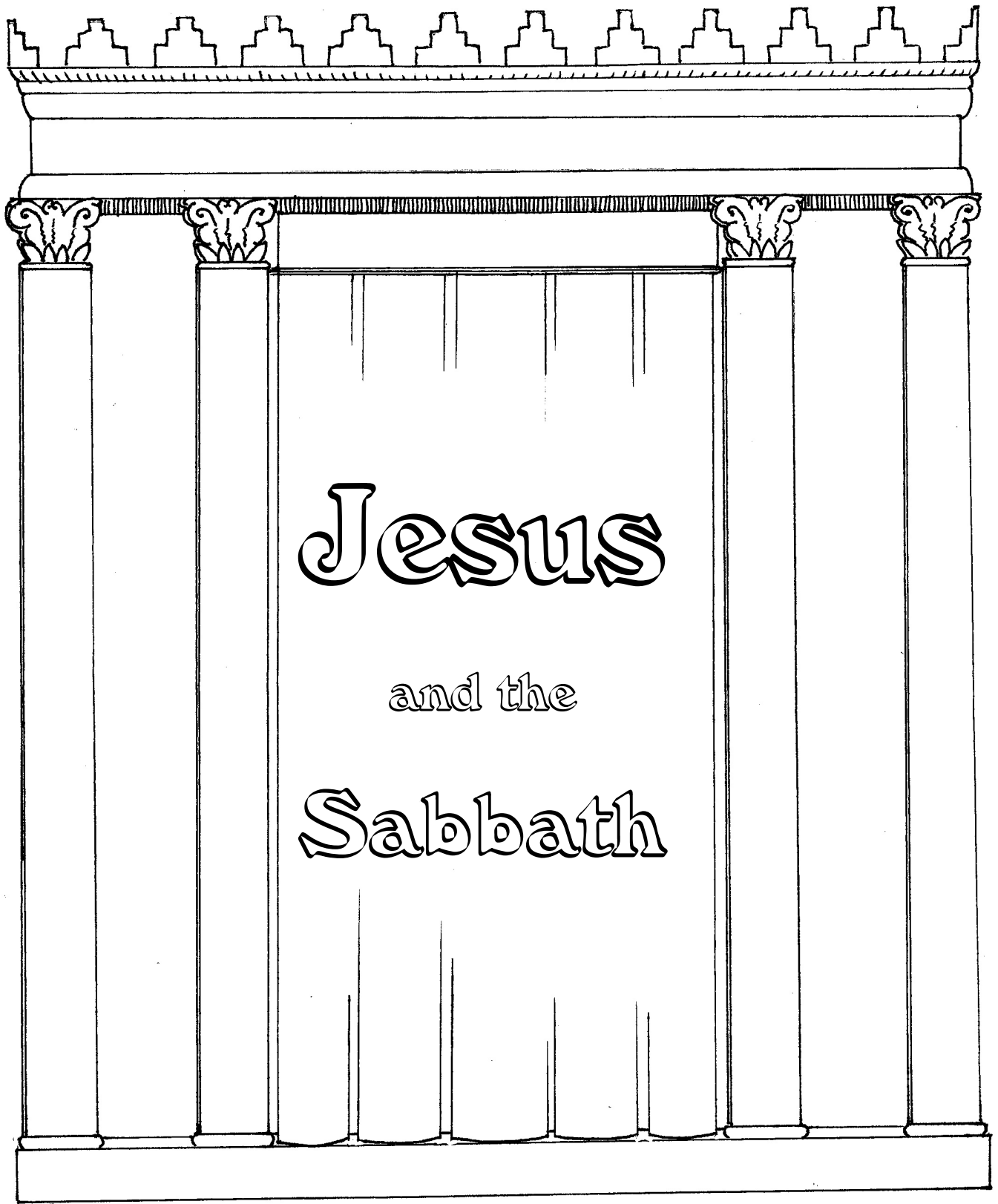
The LAST GREAT DAY

Seek the Kingdom of God.



What this Feast stands for today:

- 1> The 2nd resurrection, which has two parts:
Part 1—Opportunity for salvation to the repentant.
Part 2—The Final Judgment of the wicked who will be cast into the lake of fire.
- 2> A new Heaven and a new earth after God destroys the old with fire and then New Jerusalem comes down to the new earth.
- 3> God's plan for the rest of eternity begins and there will be no more pain and suffering.



Jesus

and the

Sabbath

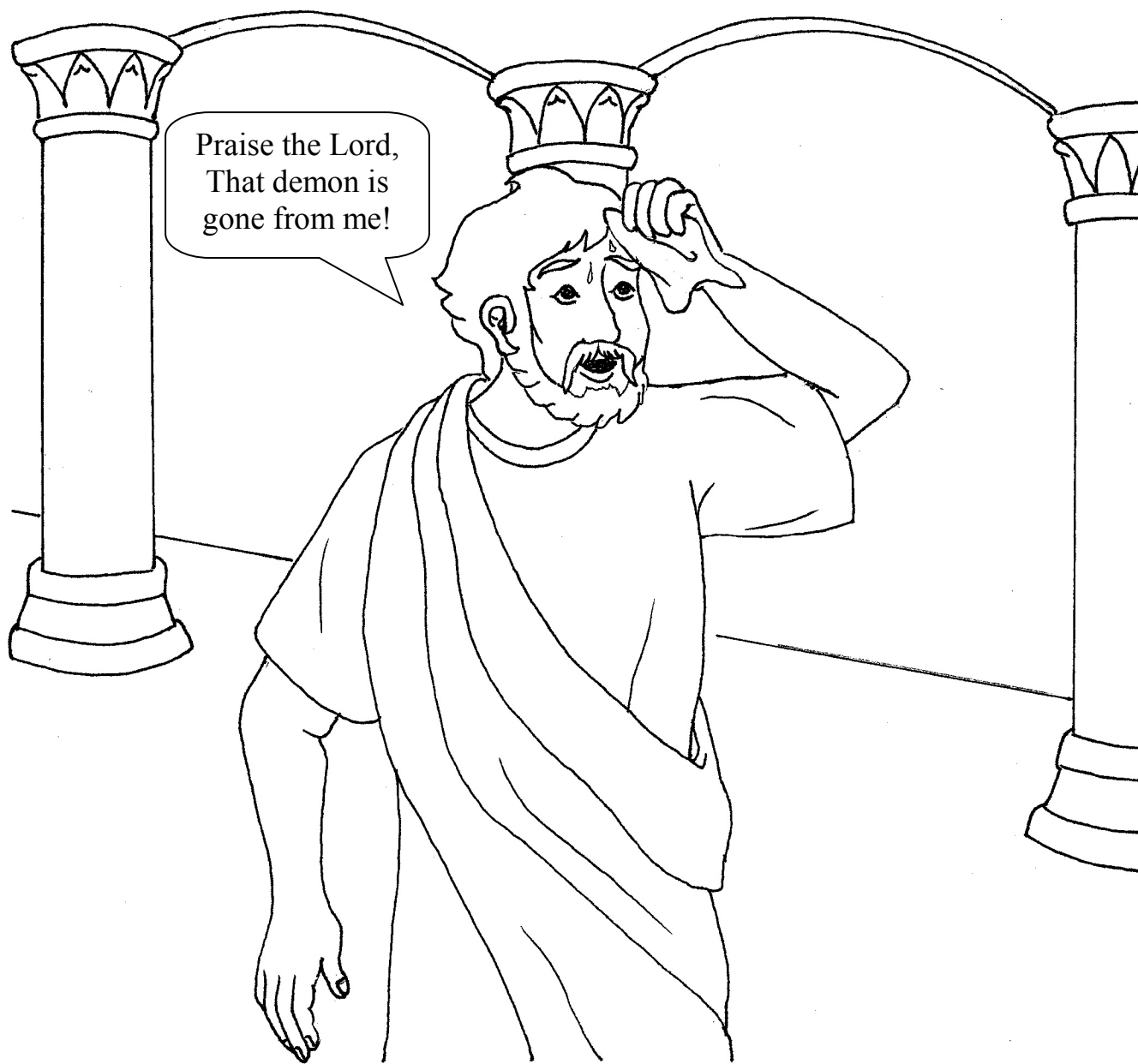
Jesus heals on the Sabbath



On a Sabbath Day, Jesus put clay on the eyes of a man who was born blind and told him to go wash. John 9:1-14

To read about some other healings done by Jesus, read:
Matthew 12:9-15; Mark 1:21, 3:1, 6:2-5, 29-31;
Luke 6:6-11, 13:10-17; 14:1-6

Jesus cast out demons on the Sabbath



In the synagogue on the Sabbath day Jesus rebuked an unclean spirit that was in a man, and the man was thrown into convulsions and the spirit came out of him.

Mark 1:21-27 paraphrased

Other scriptures to study: Matthew 12:1, 22.

Jesus taught on the Sabbath



Now when the Sabbath day came, He began to teach in the synagogue; and many of those who heard Him were astonished, saying, "From where did this man get these things? And what is this wisdom that has been given to Him, that by His hands many miracles are done also?" Mark 6:2

Also read: Mark 1:21-22; Luke 4:16, 31, 6:6, 13:10

Jesus is Lord of the Sabbath



And He said to them, "The Sabbath was made for man, and not man for the Sabbath; Therefore, the Son of man is Lord even of the Sabbath." Mark 2:27-28

You and The Sabbath



The Sabbath is:

A Sign

A Rest

A Blessing

A Perpetual Covenant

and much, much more!

Word Search

Perpetual

Know

Sabbath

Keep

Sanctify

Covenant

Sign

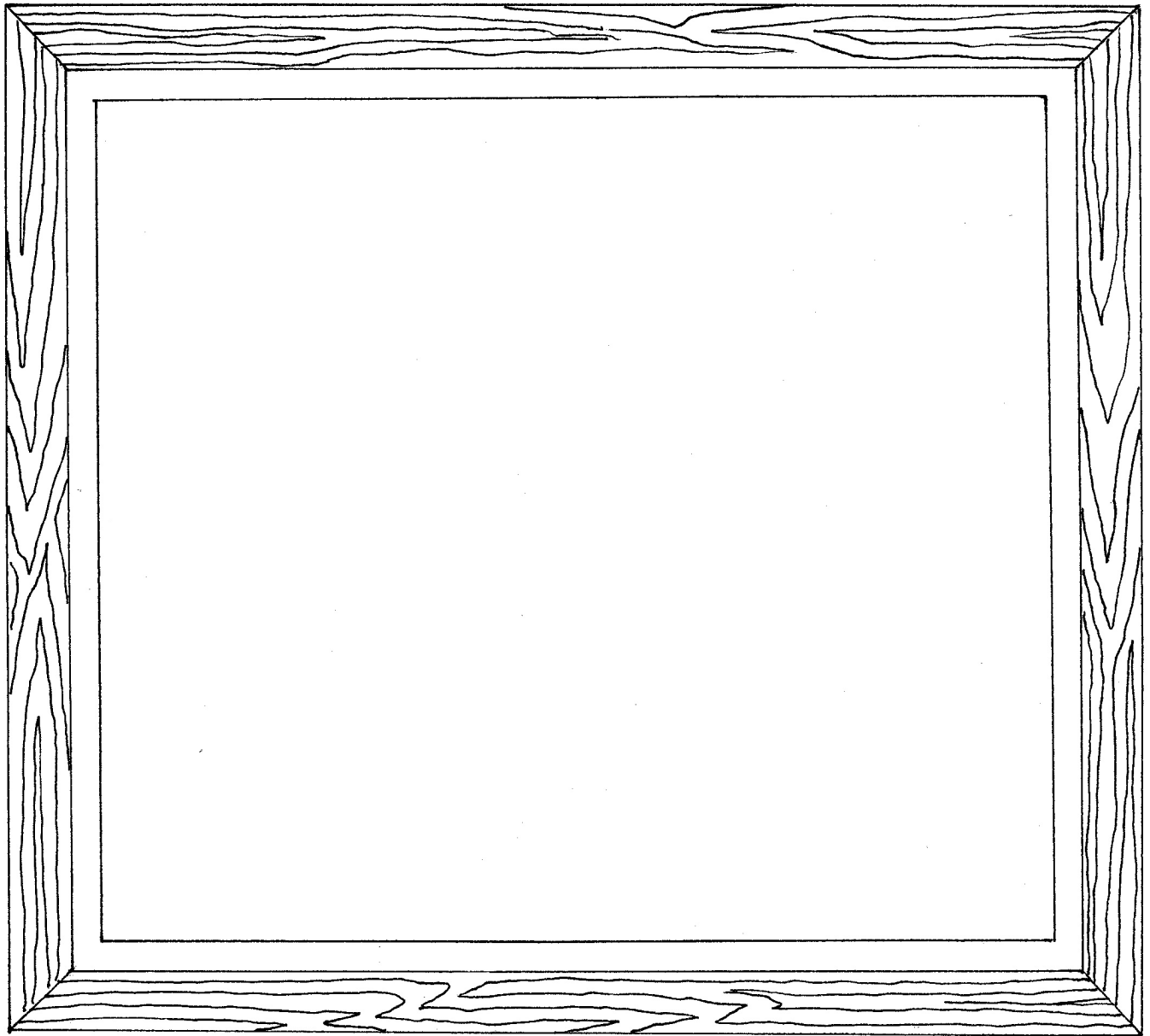


S	S	T	C	C	T	K	Q	S	A
P	K	K	O	O	G	R	A	T	K
C	T	P	E	V	P	S	B	B	N
P	E	R	P	E	T	U	A	L	O
S	V	C	G	N	P	V	T	K	W
I	S	A	S	A	B	B	A	T	H
G	S	S	A	N	C	T	I	F	Y
N	I	G	N	T	B	B	S	O	C

And the LORD spoke to Moses saying, "Speak also to the children of Israel, saying, 'Truly you shall keep My Sabbaths, for it is a sign between Me and you throughout your generations to know that I am the LORD Who sanctifies you.'" Exodus 31:12-13

...to observe the Sabbath throughout their generations as a perpetual covenant. It is a sign between Me and the children of Israel forever... Exodus 31:16-17

Draw a picture of someone doing something good on the Sabbath Day.

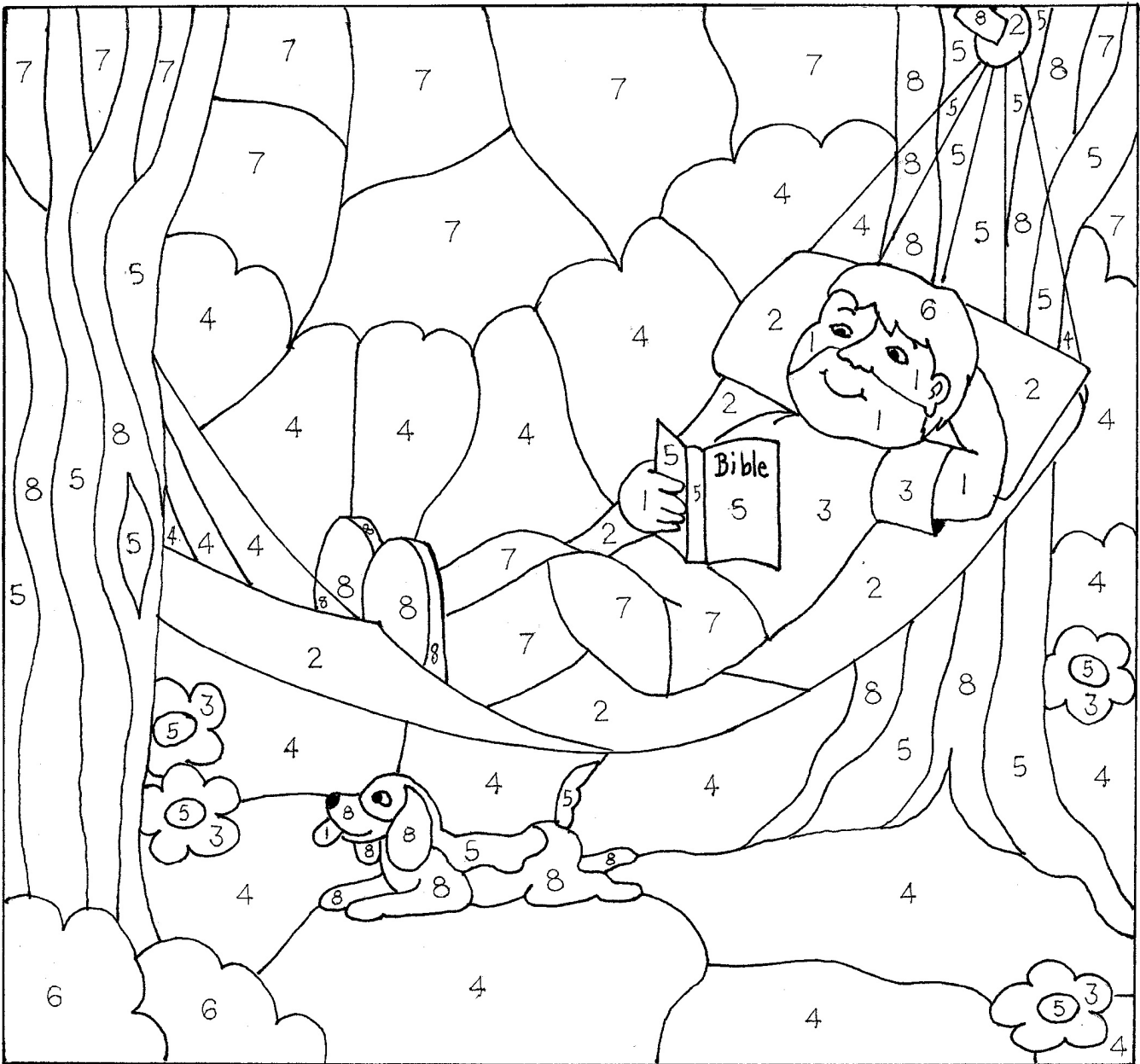


God tells us that the Sabbath is a Blessing.

"Blessed is the man who does this, and the son of man who lays hold on it; who keeps the Sabbath, from profaning it; and keeps his hand from doing any evil."

Isaiah 56:2

Color by number to see who is resting.



1 = Pink

2 = Red

3 = Orange

4 = Green

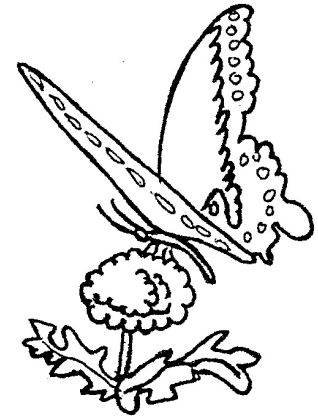
5 = Brown

6 = Yellow

7 = Blue

8 = Gray

There remains, therefore, Sabbath keeping for the people of God. For the one who has entered into His rest, he also has ceased from his works, just as God did from His own. Hebrews 4:9-10



Children

Obey your parents in the Lord,

For this is right.

Honor your Father and your Mother,

Which is the first commandment with

Promise;

That it may be well with you,

And that you may live long on the earth.

Ephesians 6:1-3



Christian Biblical Church of God Offices:

Australia
GPO 1574
Sydney 2001
Australia

Canada
Post Office Box 125
Brockville, Ontario K6V 5V2
Canada

New Zealand
Post Office Box 242
Waihi 2981
New Zealand

Republic of South Africa
Post Office Box 2624
Wilro Park
1731
Republic of South Africa

United Kingdom
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United Kingdom

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