



Table of Contents

3

Meet the Author & My iPromise Card

4

Putting God First: Improving Devotional Life

6

Cultivating Quality Relationships: Learning to Forgive and Love

8

Listening for God's Voice by Choosing Healthy Habits

10

Honours: Adventurers and Pathfinders

12

Being a Witness: Telling Others About Jesus

14

Keeping the Sabbath: Make it Special

16

Returning Tithes: Giving God What is His

18

Giving Offerings: Showing God Thanks for All He's Given

Meet the Author



Dana Audain is currently the fifth to eighth grade maths and science teacher at Olney Adventist Preparatory School in Maryland, USA.

She has a passion for introducing children to Jesus and teaching them how much He loves them.

She is married to Jean, and they have two beautiful girls, Lydia is nine and Alexa is six. Dana enjoys spending time with her family, quilting, and playing games. She is an active member at Sligo Seventh-day Adventist Church and leads the Adventurers program there.



GOD FIRST

I PROMISE:

- to **SPEND TIME** talking to Jesus when I first wake up every day.
- to ask Jesus to help me **FORGIVE** and **LOVE** others because it can be really hard.
- to choose **HEALTHY HABITS** so I can listen to God's voice.
- to **TELL** all my friends and family about Jesus.
- to make **SABBATH** extra special by getting ready.
- to faithfully **RETURN** God's **TITHE** which is 10% of whatever income He **FIRST** gives me.
- PROMISE** a percentage (___ %) of my income as regular offering.

WITH GOD'S HELP: _____ DATE: _____

SHIP MINISTRIES



Multiple Languages



Download the iPromise Commitment Cards available in most of the SPD languages where you can pledge or dedicate your life to God in every area of your life.

<https://stewardship.adventistchurch.com/i-promise-commitment-cards/>

DAY 1

Putting God First: Improving Devotional Life



What is the first thing that you think of when you wake up in the morning? Is it the video game that you really want to play? Or the book you were reading last night? Or maybe playing with your favourite toy or your best friend at school that day? How might your day be different if instead of thinking about all the things that you would like to do, you thought about what Jesus would want you to do that day? Would it change how you went about your day?

Putting God first in your day and in your life is important. Imagine that you have plans to hang out with your best friend, but maybe he has other plans. Here's how your day might go...

"Hello?" Uriah said with a sleepy voice and a yawn, as the phone ringing woke him up.

"Good morning, Uriah! I'm really looking forward to our time together this morning," exclaimed Jesse.

"Our time together? Ha! Oh yeah, sorry, Jesse, I forgot about our plans this morning. Can we get together a little while later?" Uriah asked. "I want to finish reading my book. I fell asleep last night with two chapters to go.

"Sure," said a disappointed Jesse. "I'll call you back later."

Uriah got up, showered, and dressed. He went down to the kitchen and ate his breakfast. When he was finished eating, he decided to get out his book to finish those last two chapters. As Uriah was reading the last page, he heard the phone ringing again and saw that it was another call from Jesse. There's Jesse again. I'll call him back later. I've got to finish my book. Uriah decided that he wanted to play with his building blocks before calling Jesse back.

The phone rang again, and Uriah answered this time. "Hello?"

"Hi, Uriah! Did you finish your book? Can we hang out now?" Jesse asked expectantly.

"Yeah, I finished. It was so good. But now it is time for lunch and then my Mum said she is going to take me shopping for new clothes," answered Uriah.

"Oh," said Jesse. "Maybe we can talk some more tonight..." Jesse's voice trailed off as he tried to hide his sadness.

Uriah went shopping with his Mum, just as they had planned. When they got home, Uriah's Mum made a yummy dinner. As he helped clear the table, his phone rang again.

"Hello?"

"Hey, Uriah." It was Jesse again. His voice didn't sound as excited or hopeful this time. "Did you get some cool new clothes?"

"Yeah," answered Uriah, not even noticing how sad Jesse sounded. "I got some new clothes and shoes too. We just finished dinner. Now I'm going to watch some television and then get ready for bed."

"Do you have time for us to hang out tonight?" Jesse asked.

"Well, I guess we could do it tomorrow," Uriah said.

"Sure," said Jesse. "Should I call you?"

"Yeah, first thing in the morning," Uriah answered.

Wow! Can you imagine how Jesse must have felt? He and Uriah had plans, but Uriah didn't really seem all that interested. That would be pretty disappointing, wouldn't it? Have you guessed which of those characters is us and which is Jesus? If you said Uriah is us, you were right.

Jesus is there throughout our day, sending us reminders that He wants to spend time with us. But many times, we may find that we have "more important" things to do. He feels disappointed, just like Jesse did, when we keep putting off that time

with Him.

Choosing to set aside some time to spend with Jesus each morning makes Him happy and can make you happier too. Praying each morning and asking Jesus to be with you throughout the day can help you to have a better day. Praising Him for what He's already done for you helps to give you a thankful heart and a positive attitude. Asking Him to help you be patient with your siblings when they get on your nerves or to help you make good choices when you play with your friends at recess can make a big difference in your interactions with

others.

Matthew 6:33 (NIV) says, **“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”** This means that it is important for us to put Jesus first.

 **I PROMISE TO...**
SPEND TIME talking to Jesus when I first wake up every day.

ACTIVITY

So, today's challenge is for you to give it a try. Tomorrow morning, before you do anything else, say a prayer to get your day started. If you want to add to your devotional time, you can sing a favourite praise song and read your Bible as well. It might take a little while to make it a habit, but spending time with your Creator and friend is one of the best choices you'll ever make.

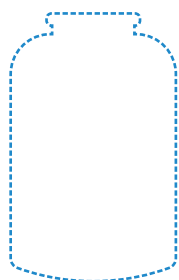
Parents, here is an object lesson to help your kids really grasp today's lesson. If you have the supplies, try it out. Be sure to try it first, before demonstrating it to your kids.

Supplies needed:

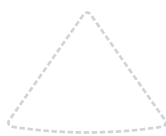
- Clear jar or container
 - Rice or sand
 - One larger object (rock, ball, etc.)
1. Tell your kids that the container represents their time, the larger object represents God, and the rice or sand represents the other things we want to do.
 2. Show them that if we put the rice or sand in the container first, we can't fit the larger object in as well. This means that if we put other things before our time with God, we will struggle to have time with Him.
 3. However, if we put the larger object in the container first, then we can fit the rice or sand in as well. This means that if we put God first, we'll still get to do all the other activities too.



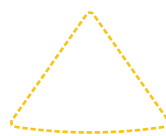
Container



Jar



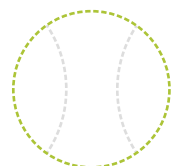
Rice



Sand



Rock



Ball

DAY 2

Cultivating Quality Relationships: Learning to Forgive and Love



Have you ever been hurt by someone that you thought was your friend? Maybe someone called you a mean name or said that they didn't want to play with you, or maybe they pushed you or hit you. That person may have even been your sister or brother. Did you feel like saying something mean back to them or pushing them back?

Relationships with other people can sometimes be hard. We don't always say the right thing or do the right thing, so it is important for us to learn how to love and forgive others, just as Jesus loves and forgives us.

One story from the Bible that really shows true love and forgiveness is the story of Joseph. Joseph was his father's favourite son. The Bible tells us that Jacob made a special coat for Joseph. I'm sure he also received other special treatment: maybe he got to sit at a special place at the table; maybe he got to have the first choice of food; or maybe he even had a special tent. We don't know all the details, but it seems that he was given the best of everything, and his brothers despised him because of it.

It didn't help that Joseph also had dreams that he told his brothers about. One dream was that when they were in the field gathering grain, Joseph's sheaf suddenly stood up tall and theirs all bowed down to his. In another, he told them how the sun, moon, and eleven stars bowed down to him. I imagine that Joseph's two dreams made his brothers hate him even more—after all, the dreams were both predicting that his brothers would serve him.

You know what happened next. His brothers took the sheep to a field that was farther away so as to find fresh grass to graze. Later Jacob sent Joseph to go and check on his brothers and to take some supplies to them. When he got close enough,

Joseph's brothers seized him and threw him in a pit. Their original plan was to kill him! But Judah said that they should sell him as a slave instead, and so they did.

Joseph was taken far away to Egypt. He was made to work hard. He was falsely accused and put into prison. But he never forgot God and was eventually restored and put into a place of leadership in Egypt, second only to the Pharaoh himself. At the same time, there was a famine that was very far-reaching. People from many places came to Egypt to buy grain, and Joseph was the man in charge.

Wouldn't you know? Joseph saw ten men on donkeys coming to see him and immediately recognised them as his brothers. They bowed with their faces low to the ground and Joseph remembered his dream. Joseph accused them of being spies and sent them to prison for three days. He wanted to see if their hearts had changed. He told them that if their story of being brothers was true that they should leave one brother behind and send food home. When they returned, they were to bring back their other brother.

Joseph filled their sacks with grain, gave them their own silver back, and sent them on their way. When the brothers discovered the silver, they were afraid.

Jacob did not want to send Benjamin back with them to buy more grain. However, their food depleted, and he had no other choice if he wanted to be able to buy more grain from Egypt. So, Benjamin went with his brothers to buy more grain. Jacob also sent with them some gifts to give to the ruler in Egypt.

When they arrived, they were taken to Joseph's house and told that they would be served a meal. Joseph asked if the man they had brought was their youngest brother and if their father was still alive. When they answered that he was, Joseph had

to leave the room because he didn't want them to see him weep.

They were seated for the meal in the order of their birth. As they looked around the table and discovered that, they were astonished. As they were served, Joseph ordered that Benjamin be given five times as much as the others. After the meal, Joseph had his men fill his brothers' sacks with grain, along with their silver again, and then one final test ... he had them put his silver cup in Benjamin's sack.

The brothers went on their way, but shortly after Joseph sent someone to pursue them. He accused them of stealing from him and ordered that Benjamin be kept as his slave, because the cup was found in Benjamin's sack. Again, Judah spoke up, this time offering that his life be given in place of Benjamin's. Joseph ordered all his servants to leave the room. He was now left alone with his brothers.

Joseph revealed himself to them and they were terrified! They thought that surely Joseph would now punish them, or worse, put them to death! And yet, Joseph had already forgiven them for what they had done to him. He recognised that God had used him to preserve his family and save them from the famine that had come. He asked them to go and bring the entire family to live in Egypt and have plenty of food to eat. What a reunion must have followed when Joseph was reunited with his father again!

All of that happened for two reasons:

1. Joseph never gave up his relationship with God. He put God first in all that he did.
2. Joseph was able to forgive and love his brothers, even though they had done him wrong.

Today, I want you to think about someone that you need to forgive. Maybe a classmate, a neighbour, or, like Joseph, someone in your own family. Ask God to give you love in your heart for that person and for Him to help you forgive them, as Joseph forgave his brothers.

I PROMISE TO...

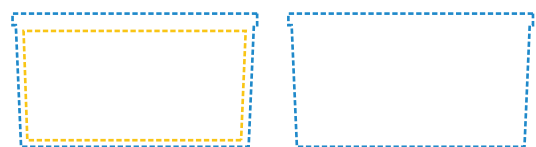
Ask Jesus to help me **FORGIVE** and **LOVE** others because it can really be hard.

ACTIVITY

Parents, here is today's object lesson on forgiveness:

Supplies needed:

- 2 identical clear containers (1 empty and 1 filled with dirt or sugar).
1. Tell your kids that the jar filled with dirt represents their hearts. The jar is their heart, and the dirt is all the sins that they have committed.
 2. Then, take some sugar and put it in the jar with the dirt. Ask if the sugar changed the dirt. When they say no, explain how the good things that we do don't change our sins, and the only way to get rid of our sins is to ask Jesus for forgiveness.
 3. Show them the empty jar and tell them that if we ask, Jesus will give us a brand-new heart that is clear and clean, just like the empty jar. Then, when we do good things (put some sugar in the jar), it makes our hearts even sweeter.
 4. Explain that just as Jesus forgives us, we can forgive others.



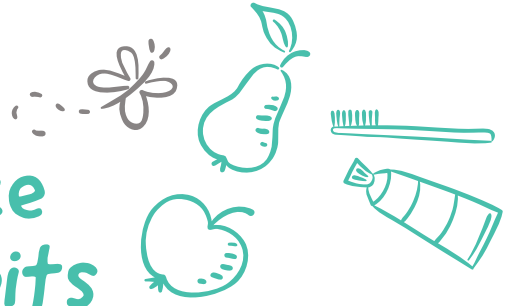
Container



Dirt & Sand

DAY 3

Listening for God's Voice by Choosing Healthy Habits



I hope you're still doing your daily devotionals that was your challenge on the first day. That is one choice that will help you through life. Today, we're going to talk about why our choices are so important and how those choices turn into habits.

I'm sure there are several things you do each morning when you wake up. You probably brush your teeth, wash your face, brush your hair, and get dressed, just to name a few. When you were a baby or toddler, your parents did these things with you. Then, as you got older, they probably let you do them on your own but had to remind you about what you needed to do. Maybe you even had a checklist that you had to complete each morning. Now that you're older, you probably do these things on your own, without being told, just because it is your morning routine and has become a habit for you.

Habits form because of the repeated choices that we make. Habits are things that we do without even thinking about what we're doing. For example, if I choose to drink a glass of water each day when I wake up in the morning, that choice will become a habit and something that I do without thinking about it. That would be a good healthy habit. But not all habits are good. If I choose to bite my nails, and I continue to make that choice, soon I'll be biting my nails without even thinking about it.

You may have heard that your thoughts turn into words, your words turn into actions, and your actions turn into habits. Therefore, it is important that we make healthy choices so that those choices become the habits in our lives. It is especially important that we build habits that help us to hear God's voice and not those that will make it harder for us to listen to His calling. One of those habits that we talked about earlier is having a devotional time each morning to start our day. Something that might be a bad habit that could get in the way

of us spending time with Jesus each morning is if we are more interested in a video game, book, or our cell phones.

What are some healthy habits and what can we do to build more healthy habits? Well, it all starts with our thoughts. So, take a minute to think about some healthy habits that you would like to develop or maybe some that you'd like to continue. Will those habits help you to hear God's voice? Here are some healthy habits that maybe you already have in place, or some you might want to strive for:

1. Spending time with Jesus each morning.
2. Eating healthy foods like fruits and vegetables.
3. Setting a time limit on how much screen time you have.
4. Getting at least thirty minutes of exercise each day.
5. Going outside to get fresh air and sunshine.
6. Drinking six to eight glasses of water each day.
7. Getting plenty of sleep each night.

These habits will help you to be your best and feel your best, and when you are feeling your best, you will be able to hear God's voice calling you.

We want to try to eliminate the bad habits that we have, as well as build the good ones. So now, think about some of the habits that you'd like to change. Maybe you want to spend less time watching television, playing video games, or scrolling through your phone on social media. Maybe you want to break the habit of arguing with your siblings or disobeying your parents. Whatever our habits are, we can always make choices to build new habits to help us be our best selves. Today's challenge is to set a goal for yourself to build a new healthy habit that will help you to hear God's voice in your life. It might not be easy, but with God's help you can do it.



I PROMISE TO...

Choose **HEALTHY HABITS** so that I can listen to God's voice.

ACTIVITY

Parents, here is today's object lesson:

Supplies needed:

- Blindfold or similar item to cover your child's eyes
- Loud music or noise
- Small obstacle course for children to navigate (this could be as simple as some household
- Objects that they must walk around without stepping on them)

Tell your child to listen to your voice so as to get through the obstacle course.

Blindfold them and turn on the loud music.

Talk in a soft voice to guide them through the obstacle course.

When they have trouble listening and navigating the course, ask if they'd like to eliminate one of the things that is hindering them.

Turn off the loud music and try it again.

Ask one more time if they'd like to eliminate what is hindering them and this time let them take off the blindfold.

Life is like this obstacle course. There are many things that might make it difficult for us to navigate through life. The devil tempts us with many different things. He wants to do anything he can to distract us from hearing God's voice and from doing what God wants us to do. The blindfold and loud music represent those things that make it hard for us to follow God's will. However, we can make good choices to help us to hear God's voice more clearly, just like you were able to choose to turn the music off and remove the blindfold. If we eliminate our bad habits and build good habits in their place, we'll be able to better hear God's voice and follow where He leads us.

Stewardship Honour

LEVEL 2 REQUIREMENTS

1. Discover the Bible principles of stewardship by answering the following questions:
 - a What does 1 Corinthians 6:19, 20 say about the stewardship of the body?
 - b What does Matthew 25:15 tell us about the stewardship of talents?
 - c What does Colossians 4:5 say about the stewardship of time?
 - d What does John 3:16 tell us that God gave?
 - e What does Psalm 24:1 tell us about who owns the earth?
 - f What does Genesis 1:26 say about who is the steward over the earth?
 - g What does Proverbs 3:9 say about who is always first?
 - h How do we know that tithe means a tenth? Genesis 28:22.
 - i Who does Leviticus 27:30 say the tithe belongs to?
 - j How does Malachi 3:8 say that God is robbed?
 - k What does 1 Corinthians 9:13, 14 say about the use of the tithe?
 - l How do we know that the tithe is different from offerings? Malachi 3:8.
 - m What does 1 Corinthians 16:12 say about how we are to give our offerings?
 - n What does Matthew 6:20 say about where to keep our treasures?
 - o What does 2 Corinthians 9:7 say about our attitude in giving?
 - p What promised blessing is given in Malachi 3:10?
2. Read and discuss with your counsellor or pastor the following: Section IV (pp 111 to 130); par. 1 and 2, p. 14; and par. 1, p. 66 of *Counsels on Stewardship*.
3. Learn what is done with the tithe in your local church, your local conference, your union, and the General Conference.
4. From your pastor, church treasurer, or elder



learn about your church budget, what finances your church must meet, and the purpose of each item listed on your church tithe and offering envelope.

5. Keep a chart on how you spend your time for one weekend and one week day. In this chart make a list of how much time you spend in the following areas:

a Work for pay	j Sleep
b Family time	k Personal needs
c Personal devotions	l Class time
d Public Worship	m School study
e Family Worship	n Travel
f Fun things	o Music lesson
g Reading	p Music practice
h Television	q Home chores
i Meals	r Shopping
- For each of the three days be sure your time adds up to 24 hours. After completing the chart, discuss with your parent/s, pastor or counsellor your responsibility in the stewardship of your time.
6. Do one of the following:
 - a If you have an income-producing job or an allowance, make a list of how you spend your money for one month.
 - b If you are not in the category above, make a list of how you would spend an income of \$50 a month in the following categories:
 - i Clothes
 - ii Entertainment
 - iii Personal items (toiletries)
 - iv Gifts
 - v School supplies
 - vi Tithe and offerings

vii Eating out

viii Transportation

From your list determine what percentage of your total income is spent on each item. After completing the chart and percentages, discuss with your pastor or counsellor the advantages of a budget and how to stay within a budget.

7. From the Bible and Spirit of Prophecy determine what instruction has been given concerning the variety and use of God-given talents.
8. List three talents or skills that you have, such as building things, mechanics, gardening,

painting or drawing, writing, speaking, music, teaching, sewing, etc. Choose one of these three talents and do a project to help develop your talent further. Your project must follow these guidelines:

- a The project is to be a benefit or outreach to others.
- b The project is to be a new endeavour not previously accomplished.
- c Spend at least five hours in the planning and implementation of the project.
- d Make a written or oral report to your counsellor about your project.

Wise Steward Award



REQUIREMENTS

1. With an adult, find a text in the Bible that tells who owns everything on earth.
2. Describe a wise steward.
3. Find, read and explain Malachi 3:8-10.
4. Fill out your own tithe envelope and give it at church in the offering plate.
5. Make a poster showing some of the things Sabbath school offerings are used for.
6. Listen to the Bible story of a widow and her small offering.
7. Tell how and why a wise steward will care for his or her belongings.

SUPPORTING ANSWERS

1. See Genesis 1, 2; Psalm 33:6, 9.
2. A wise steward is one who carefully performs his or her duty and takes good care of the things God has given to all of us (time, talents, treasure, temple, testimony, tribe, territory and God's truth – <https://stewardship.adventistchurch.com/grateful-living/>)
3. Malachi says that we are to give our tithes and offerings to God. We do this when we give an offering or return tithe at church. He will surely bless those who faithfully do this.

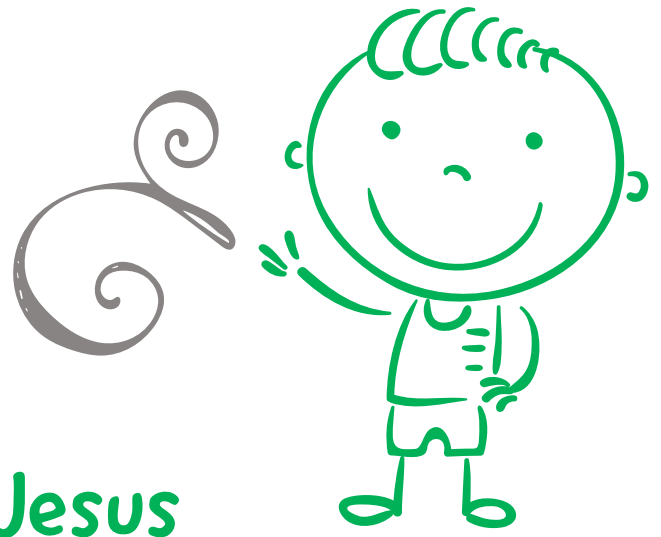
4. Use magazine pictures or draw and colour items that our Sabbath School offerings can buy (Bibles, Sabbath school papers, felts and pictures to illustrate Bible stories, Sabbath school meeting areas and much more). This may be a group activity. Place the completed poster where others may enjoy it.
5. Read Counsels to Stewardship by Ellen G. White, pages 174-176, and then retell the story of the widow and her two mites in language that the Adventurers will understand.
6. A wise steward will take special care of his or her belongings and finances as well as of the talents that God has given him or her.

Updated in: 1996 / Grade 3



DAY 4

Being a Witness: Telling Others About Jesus



Have you ever told someone about Jesus? There are lots of ways to tell others about Him, even when you are young. You might play an instrument or sing, you might do crafts or read to elders at an assisted living home, or you might show kindness and friendship to someone on the playground. Today, we'll be learning about how to be witnesses.

Jesus told a parable about being a witness. It is sometimes called the parable of the talents, and here is a paraphrased version.

There was a wealthy man who was going to go on a long journey. While he was gone, he wanted some of his servants to take some responsibility for his riches. He expected them not only to keep things safe, but to increase his wealth. To his most trusted servant, he gave five bags of gold. To another servant, he gave two bags of gold. Finally, his third servant received one bag of gold. The servants received different amounts because of the different abilities that the wealthy man had seen in them.

The man left town, and the servants were left to their business with his riches. The first, most trusted servant was busy at work with his five bags of gold. I imagine that maybe he went and bought a fishing boat. Since the wealthy man was gone for such a long time, the first servant was able to double the man's money by fishing and earn another five bags of gold.

The second servant was also ambitious with his two bags of gold. I imagine him investing in some type of shop, maybe perfume, olive oil, or a fruit stand. This servant was also successful and was able to double the gold the wealthy man had given him, making his total four bags of gold.

The last servant was afraid of the wealthy man and did not want to lose his money. He went and buried his one bag of gold until the wealthy man returned.

After quite a long time, the wealthy man returned, and his servants were called to report on his money. The first servant came and gave the man his now ten bags of gold. I imagine that he told of how he had used the gold and earned twice as much as he had been given. Of course, the man was very happy that the servant had used it wisely and had made more money as well. He congratulated him and then put him in charge of even more of his wealth.

The second servant came and reported his investments as well, that he had also doubled the man's gold. He presented to the wealthy man his now four bags of gold. Again, the owner was very pleased. He congratulated him as well and put him in charge of even more of his wealth.

The third servant probably came sheepishly to the owner. He explained that he was afraid, had hidden the money, and gave back the single bag of gold. The owner was very displeased! He told his servant that at the very least he should have put it in the bank to earn interest. The third servant was immediately dismissed and sent away.

Summary

This parable can symbolise the different talents that God has given us. Everyone from the smallest to the tallest has been given a special gift from God. He asks us to use our gifts to further the work of His kingdom. Now, that doesn't mean that God gives us gold and expects us to earn more. He gives us skills that He wants us to use to tell others about Him. We talked about a few of those talents at the beginning of today's lesson. The Bible tells us about some other talents that people may be given; preaching, writing, hospitality, and speaking different languages are just a few.

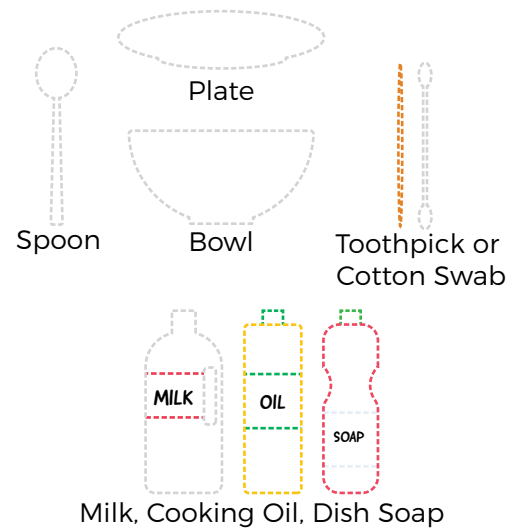
ACTIVITY

Today's challenge is for you to talk with your family about what your special gifts may be. Are you a great friend or peacemaker? Do you play a musical instrument or sing? Are you a good writer or maybe a budding artist? Whatever your talent, you can use it for God's glory.

Parents, here is today's object lesson:

Supplies needed:

- A plate with enough edge that it can hold liquid
- A spoon
- A small bowl or saucer
- Toothpicks or cotton swabs
- Milk
- Cooking oil
- Dish-washing liquid



1. Pour a few drops of the dish-washing liquid into a small bowl and soak the ends of toothpicks/cotton swabs in it. Set aside.
2. Pour enough milk into the plate so the bottom of the plate is covered and there is a thin layer of milk.
3. Pour oil over the milk. You don't need as much oil as milk, but you'll need enough for it to eventually form a very thin layer over the milk (don't stress over the amounts). Stir with the spoon and then set the spoon to the side.
4. Now, spend a few minutes watching the milk and oil separate and form oil clusters. A) While this is happening, talk about how this looks like the world and all its people. People like to live together in families and towns and countries. The plate looks like a map of the world. B) Then talk about what it would be like if no one in the world followed Christ. C) Now, add drops of food colouring to represent Christians and talk about how Christians live in the world among people who do not follow Christ. (Small droplets will make the best effects.) What if Christians only stayed in one place and never told people about Jesus?
5. Now for the fun part! Ask the children what they think the world would look like if Christians were to tell other people about Jesus. Then let the children take turns lightly touching the soap end of the toothpick or cotton swab to one of the drops of food colouring. Amazingly, the food colouring shoots out across the milk and oil and makes amazing colours.
6. Continue doing this until the white plate is full of colours. All the while you and the children are doing this, talk about how telling people about Jesus changes the world.

 **I PROMISE TO...** 
TELL all my friends and family about Jesus.

DAY 5



Keeping the Sabbath: Make it Special

Most of the commandments that were given to Moses and the Israelites begin with these three words, “Thou shalt not...” However, the fourth commandment starts with the word “Remember.” What is it that Jesus wants us to remember? Remember the Sabbath Day. Sabbath is a special day that God has given to us as a gift. It is a day that we set aside all our work, school work, chores, and cleaning. Instead of doing those everyday activities, we are called to spend extra time with Jesus on the Sabbath.

When God created the earth, he created it in six days. The first day He created light. On the second, He created the atmosphere. On the third day He created dry ground, plants, and trees. Next, on the fourth day, was the sun, moon, and stars. On the fifth day He created the birds and the fish. On the sixth day He created all the land animals and, finally, He created humans with His own hands. But then, on the seventh day, the Bible tells us that He rested. He gave us the Sabbath because He knew we would need a break from our daily lives. We need the rest and restoration that only Sabbath can bring.

We see Sabbath mentioned many times in the Bible. Here are just a few of the special Sabbaths. In the Garden of Eden, God came to the garden to spend time with Adam and Eve. Can you imagine? Seeing God’s face, worshipping Him, and talking to Him must have been amazing. I think the first Sabbath in heaven will be especially awesome as we will get to experience what Adam and Eve first experienced in the Garden of Eden.

Another place that we see the Sabbath emphasised in the Bible is when the Israelites were in the wilderness. God gave them the Ten Commandments and told them to remember the Sabbath. But then, He also showed them how the Sabbath was important when He gave them manna six days of the week. He told them each day to only gather enough for one day, except on

the sixth day. If they gathered more manna than they needed during the first five days of the week, it would spoil and be filled with maggots. However, no manna was given on Sabbath. Instead, on the sixth day, the people were to collect enough for two days. When they did, their manna did not spoil on Sabbath.

Jesus also recognised and celebrated the Sabbath during His time here on earth. The Bible tells of several things Jesus did on Sabbath. First, He went to the synagogues and preached, giving us the example of going to church. He healed on the Sabbath, showing us to help others. Finally, He even gave us the example to rest on Sabbath after He died on the cross. He died on the sixth day, rested in the tomb on Sabbath, and rose again on the first day of the week.

Growing up, Sabbath was a special day for our family. We had a couple of special traditions that made Sabbath special. The first was when we welcomed the Sabbath on Friday night. Most Friday nights, we went to my grandmother’s house. Many times, we were joined by several aunts, uncles, and cousins. We had a lot of fun spending time together as a family. Sometimes we played, we talked, and we laughed, but we were always enjoying our time together and showing love to each other as a family. My grandma often had a special treat for us, usually ice cream. Sometimes in a cone, but most times served in a bowl with pretzels to dip in our ice cream. When we were old enough, all the cousins got to help serve the adults first, then we were given ours. The rule was, “If you’re in school, then you help serve the ice cream.” That tradition continued even through college. Since I was still in school, I had to help serve.

Sabbath morning involved a special breakfast. During the week, we left the house quite early in the morning because my parents both worked early. My sister and I ate breakfast at my aunt’s house before she took us to school, but on Sabbath

we ate at home and Mum always had something special for us. We had pecan twirls, French toast, or sometimes biscuits and gravy. Then, we went to Sabbath school and church, often followed by a church pot-luck or picnic with friends from church. When we were especially young, we had a special bag, our Sabbath bag, that had things we could do in church. It included felts, colourising books, and other quiet activities. I know we often asked to use those items on other days, but we were told those things were special only for the Sabbath.

Closing the Sabbath was also something we did at church. We went to vespers on Saturday night. The services were always different depending on which person from church was leading out that night. Sometimes we watched slide shows of nature

or pictures of other things that people had seen. Other times, we read verses from the Bible and then people could share what those verses meant to them or how they related to their lives. But my favourite vespers programs were when we just sang favourite hymns. We would sing one hymn and then ask for another favourite from the group. These often went longer than the planned time for vespers, but none of us minded.

7 I PROMISE TO...
Make **Sabbath** extra special by getting ready.

Summary

Now, with my own daughters, we make Sabbath special with a candlelit dinner on Friday to open the Sabbath. We enjoy Sabbath school and church on Sabbath morning and often have Sabbath lunch with family or friends.

What does your family do to make Sabbath special? Your challenge today is to think of some ways that you can make it a special day, better than all the others. A day to set apart, spend extra time with Jesus, and enjoy spending time with family and friends as well.

ACTIVITY

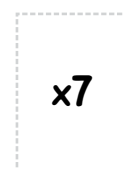


Parents, here is today's object lesson about the Sabbath:

Supplies needed:

- 7 pieces of paper
 - Small treat that your child likes
1. Line up the seven pieces of paper on the floor to be your game pieces.
 2. Put the treat that your child likes on the last piece of paper.

3. Have your child begin at the first piece and ask them to name what God created on each day of the week as they get closer to the last piece of paper. (You can use hand motions to help them remember.)
4. When they get to the last piece of paper, give them the treat and remind them that God gave us the Sabbath to be a treat for us!



x7

Paper



Treat

DAY 6



Returning Tithe: Giving God What is His

The word “tithe” literally means one tenth of earnings. In other words, it means that if you earn \$1, then ten cents is the tithe; if you earn \$100, then \$10 is the tithe.

When I was a little girl, my parents began to teach me about returning tithe. I think I was about six years old when I started to earn my allowance. I helped with chores at home, like feeding the dog, washing dishes, and folding my clothes. At the end of the week, I would get my allowance. It was only a couple of dollars, but it seemed like a lot at the time. I had a special container to keep my money, and sometimes my parents would pay me with small coins so that it was easy to return my tithe.

On Sabbath morning at church, I was so proud to fill out my tithe envelope with my name and put in my 20 cents. When the deacons collected the offering, I put in my own envelope with such excitement. I felt so grown up. I also saw my Dad put in the tithe envelope for my mother and himself. Returning tithe was always important in our family. My parents also taught me that we should always take out our tithe first before spending money on anything else that we wanted.

My Dad was a construction worker. He had his own drywall wall sheeting business for quite some time. When houses or new buildings were being built, he would put the walls up after the plumbing and electrical wiring was finished. For walls that were very high, he might walk on stilts or use something called scaffolding to make the walls reach all the way to the ceiling. Scaffolding was kind of like a platform that was easily movable so they could get to all the high places that needed drywall.

Money would sometimes get tight because he couldn't always find work to do. Because he was self-employed, it meant that if he didn't have work to do, he didn't get paid. However, on any money

that he earned, he was sure to return his tithe first.

When I was in high school, my sister and I attended Blue Mountain Academy, which is a boarding school in Pennsylvania. Boarding school can cost a lot of money because you are not only paying for your education, but also to live there and eat in the cafeteria.

My Dad was doing some work on high scaffolding one day when something terrible happened—he fell! When he went to see the doctor, he was told that his arm was broken and he wouldn't be able to work for many weeks because his arm needed to heal. Drywall was very heavy, nearly 50 kilograms, and he would not be able to lift that much weight with a broken arm.

Remember what I said? If you don't work, then you don't get paid. My Dad needed to find another job so that he could make some money so my sister and I could stay in school. After doing some searching, he found a job delivering flowers. It didn't pay nearly as much as the construction job. Many people would have stopped returning tithe because money was still needed to pay for my sister and I to be at school, along with all the other bills in our household. But my Dad wanted to do what was right in God's eyes, so he continued to return tithe on the smaller amount he earned. We didn't think that we would be allowed to stay at school because we couldn't afford to pay during that time. However, God put an idea in someone's heart to donate to something called the worthy student fund, and some of that money was given to our family during the time that my Dad could not work. What a blessing! My sister and I got to stay at school! My Dad has always said that if we return an honest tithe, the money for all the other things we need would always be there, and here was our perfect example of just that.



10 I PROMISE TO...

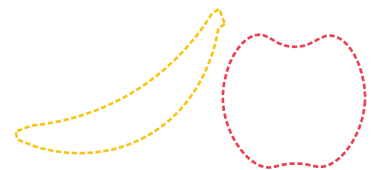
Faithfully **RETURN** God's **TITHE** which is **10%** of whatever income He **FIRST** gives to me.

ACTIVITY

Today's challenge is to return tithe on any money that you earn in the future. Parents, here is today's object lesson on returning tithe:

Supplies needed:

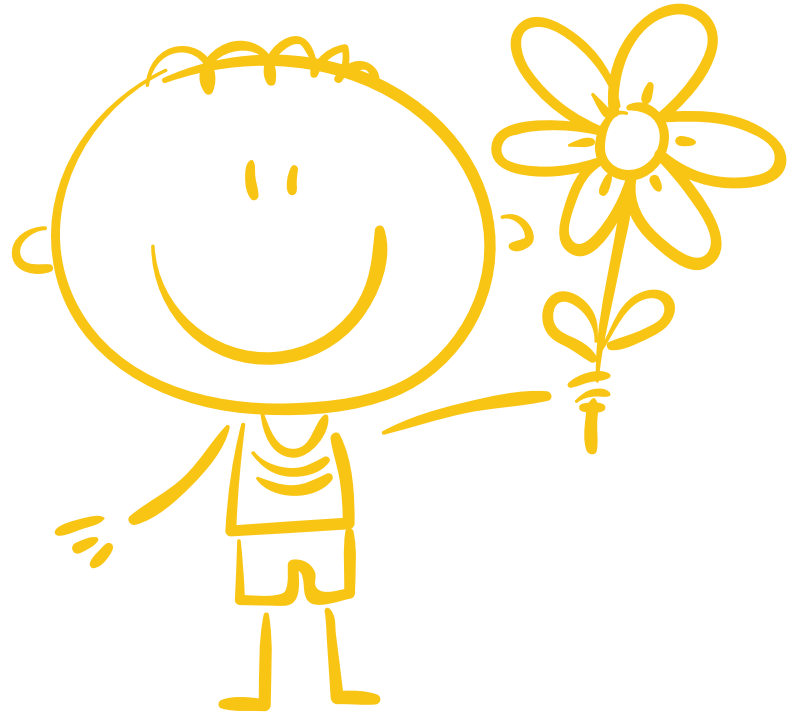
- Banana or other fruit that is easy to eat.
1. Tell your child that the banana represents money that you have earned and that you were given it on Sunday. Emphasise how much you really want to return your tithe on your earnings, but you'll go through the week and be sure to leave your tithe to return on Sabbath.
 2. Tell a story going through your week about different things that you buy with your money each day. (This could be getting a new toy, book, treat, etc.) Each time you buy something with your money, take a bite of the fruit.
 3. Be sure that by the time you get to Sabbath, you've eaten the whole fruit and there is none left to be able to return your tithe.
 4. Explain that it is important that we take our tithe out of the money we earn first, so that we will never be left with nothing to give to God.



Easy-to-eat Fruit

DAY 7

Giving Offering: Showing God Thanks for All He's Given



Have you ever been really excited about receiving a present? Maybe for your birthday or Christmas, you asked for something special and were so happy when you unwrapped it and got just what you wanted. Now, have you ever been really excited about giving a present to someone? My sister gets really excited on Christmas when we open presents, not because she wants to get something she wants, but because she is very excited to give someone a gift that they really wanted and to see their reaction when they open it.

This year my daughters, who are five and nine, made me some cards and pictures for my birthday. The night before my birthday, they begged to give them to me, but I told them they had to wait. "But, Mama, we want to give them to you now! We can't wait!" You see, they were so excited not about getting something, but to give.

I imagine that God may have been excited to show Adam and Eve the world that He created for them. I think about how His eyes may have sparkled with delight as they saw and named each new creature, flower, and plant. I think He still delights to see us enjoying the gifts He's given each of us. Think about something beautiful you've seen in nature. Several come to mind for me: dew on the grass in the morning; kittens, puppies, or other baby animals playing; streams and waterfalls. What are some of your favourite sights?

God has also given us wonderful things to smell: the sweet smell of roses, the delicious smell of our favourite foods as they cook, even the smell of our homes and family. It is amazing how some smells can help us to remember different people and

experiences. We were also given so many amazing things to taste. Some of my favourite tastes are fresh peaches, strawberries, and nectarines. What are your favourite things to smell and taste?

Next, think about the many textures that we can experience. God allows us to feel rough yet smooth sand, silky ribbons, and soft furry animals. God gave us these textures for us to enjoy. Last, God gave us ears to hear. Some things that many people like to listen to are music playing, rain falling, ocean waves crashing, or the laughter of others. What are your favourite textures and sounds?


God has given us several stories in the Bible that talk about different people that recognised all that God had given them and then were willing to give back to Him in return.

There's a story in the Bible about some people who were giving their offering in the temple (Mark 12). We are told that many people were going into the temple and putting their offering in the temple treasury as they went. The wealthy people put in large amounts of money, but to them it was not much because they were so rich. Then, a woman that was a widow put in just a few cents. Jesus told His disciples that she had put in more than all the rich people, because she had given even though she did not have a lot. What Jesus was saying was really that it is not the amount we are giving that is important, but the thought and heart behind why we are giving it.

In the Old Testament, we are told the story of Abraham. God spoke to Abraham many times and told him that He would give him many

descendants and that he would be called the father of many nations. But then, God spoke to Abraham again and told him to take his son Isaac and offer him as a sacrifice to the Lord. So, Abraham obeyed. He took Isaac on a journey; Isaac carried the wood and Abraham carried the fire for the offering. Isaac asked his father, Abraham, where the lamb was that they would offer. Abraham said that God would provide one. After they built the altar, Abraham told Isaac to lie on it, and he obeyed. Just as Abraham raised the knife to offer his son as a sacrifice, an angel of the Lord spoke to him and told Abraham to stop. Abraham looked up, and there, stuck in a thicket, was a ram. God had indeed provided the offering for Abraham to sacrifice.

Abraham's story foreshadows God's ultimate sacrifice for us. John 3:16 says, "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." Jesus came to this earth, lived a perfect life, and became the perfect offering for our sins when He died on the cross. Jesus was willing to give us His life, in place of ours, so that we would be able to go to heaven one day when He returns.

 **I PROMISE TO...**
PROMISE a percentage (__ %) of
my income as regular offering.

Summary

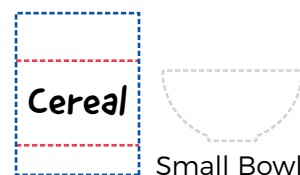
So, we can see that God has given us so many gifts. We can show Him how much we appreciate all He's done by giving our offering at Sabbath school and church. Today's challenge is for you to give a regular portion of the money you receive in offering at church.

ACTIVITY

Parents, here is today's object lesson:

Supplies needed:

- Bag of food (cereal, pretzels, mini chocolate chips)
- Small bowl that will not hold all the food



Keep the bag of food close to you and give some to each member of the family, but keep most of it for yourself. Explain that "Sharing can be hard. We often want to keep what we have to ourselves. This is not generous giving because we get a lot while everyone else gets a little bit."

Pour the bag out into an undersized bowl until the bowl overflows. Watch your children's eyes widen. Explain that "This overflowing pile of food represents how generous God is to us. He gives us much more than we deserve and much more than we realise. When we remember and see how much God blesses us, it can be easier to bless others."

Give each family member a handful of food from your pile. Ask them how they feel about receiving a little versus receiving a lot. When we give, we should consider how we will make other people feel and how God is happy with us when we give back to Him as well.



GOD FIRST
ADVENTIST STEWARDSHIP MINISTRIES



Seventh-day
Adventist Church™

South Pacific