



www.tabsda.org/tabtown



What Is It?

God took such good care of the Israelites. He sent a cloud to shade them from the hot desert sun in the day. He sent a pillar of fire to light their camp at



night. He had freed them from Egypt and destroyed their enemies in the Red Sea.

But the Israelites were beginning to worry. It had

been six weeks since God had led them out of Egypt. And the food they had brought with them was almost gone. “Back in Egypt we had all the food we could eat,” they grumbled. “But here in this desert we are going to starve to death.” They complained bitterly to Moses.

Of course, God had no intention of letting them starve to death. “I will rain down bread from heaven,” God told Moses. “It will be there in the morning. The people are to go out every day and gather an omer* each. But they must not keep any of it until the next day. And I’m going to test them to see if they follow My instructions.”

Sure enough, the next morning the ground was covered with thin white flakes. The people were surprised. “What is it?” they asked again and again. It looked like frozen dew all over the ground.

Moses told them, “This is the bread God promised you. Gather it and eat it today. But don’t try to keep any for tomorrow. It won’t be good.”

So the people called it “manna.”† And they gathered it up and tasted it. It tasted sweet like honey. And there was enough for everyone. But as soon as the sun grew hot, the manna that remained on the ground melted away.

All the people had just what they needed regardless of how much they gathered.

“Don’t keep any of it until the next morning,” God had said. But some of them paid no attention.

The next morning their leftover manna was full of worms and smelled bad.

On the sixth day the instruction was different.

“Today you’re to gather twice as much,” Moses said. “Tomorrow is God’s Sabbath, a day of rest. There won’t be any manna on the ground in the morning. So get enough today and bake it or boil it, but save some of it for tomorrow.”

The double portion they were told to gather to keep for Sabbath would not get wormy! But wouldn’t you know? Some people didn’t gather twice as much that Friday. Instead, they got up on Sabbath morning expecting to find manna. They had to learn their lesson the hard, hungry way! Of course, there was no manna on the ground that Sabbath morning! And there was none on any Sabbath that came after. “How long will they refuse to follow My instructions?” God sighed to Moses.

The story of the manna teaches us two things. First, just like the Israelites, we honor God when we obey Him. Following His directions is an act of worship. It also teaches us that God knows best. His plans for us are for our own good. Following His instructions is the only way to be really happy. It took the Israelites a while to learn that they needed to follow God’s instructions about the manna. They finally got it right. And it’s a good thing, because that’s what God fed them for the 40 years they spent in the wilderness!

They also learned how important the Sabbath is to God. He wanted them, and us, to make it a special day, different from other days.

When they kept Sabbath special, when they didn’t work by gathering manna, they were showing God their love and obedience. And they were really worshipping Him.



What Is It Questions

Why were the Israelites beginning to worry?

Did God let the Israelites starve to death? Explain

How did the Israelites prepare for the Sabbath?

What are some ways you can prepare for the Sabbath?



What Is It Coloring Page



What Is It Craft

Sabbath Day Activity Calendar

Children are you ready for a challenge? Try these 14 activities
on the Sabbath Day to keep it holy!

Step 1

Print out the Sabbath Day Activity Calendar. Read instructions on the calendar or write your own list of sabbath day activities.

Step 2

Try an activity and tear off the word-strip below, or you may also choose one from your own Sabbath activity strips instead.

Step 3

Remember its sweet to honor the Sabbath day, so enjoy spreading cheer! You may receive a treat for being so sweet!

Step 4

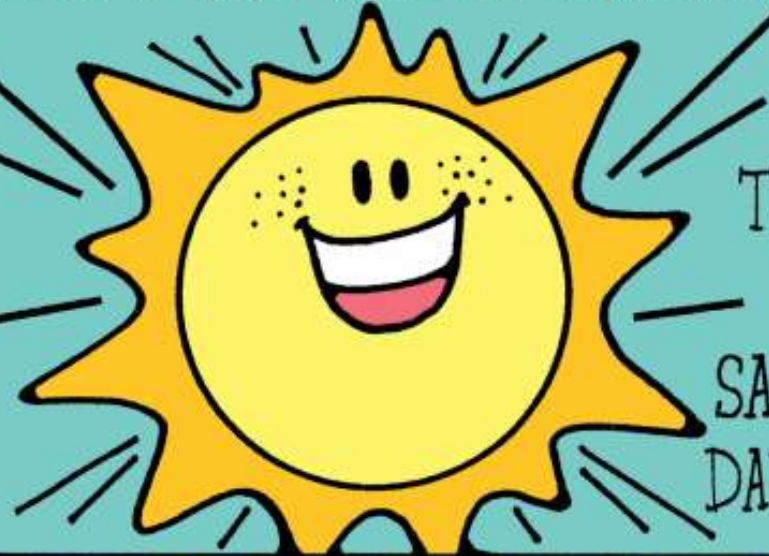
Share your experience with your family, or a friend after you've completed the Sabbath day activity.



• SABBATH DAY •

ACTIVITY • ADVENT • CALENDAR

14
DAYS
14
WAYS



TO KEEP
THE
SABBATH
DAY HOLY!

Try an activity and tear off the wordstrip below. Then enjoy a treat in the bag and say, "It's sweet to honor the Sabbath day."

1. Write a letter to a missionary.
2. Visit an older member in the ward.
3. Read a scripture story to brother or sister.
4. Write in your journal.
5. Listen to sacred music.
6. Study the scriptures.
7. Visit relatives.
8. Give a family home evening lesson.
9. Play quiet games with your brother or sister.
10. Read your baby journal or family history.
11. Look at family photographs.
12. Visit someone who is ill or lonely.
13. Take turns acting out and guessing scripture stories.
14. Make cards of appreciation for family members.

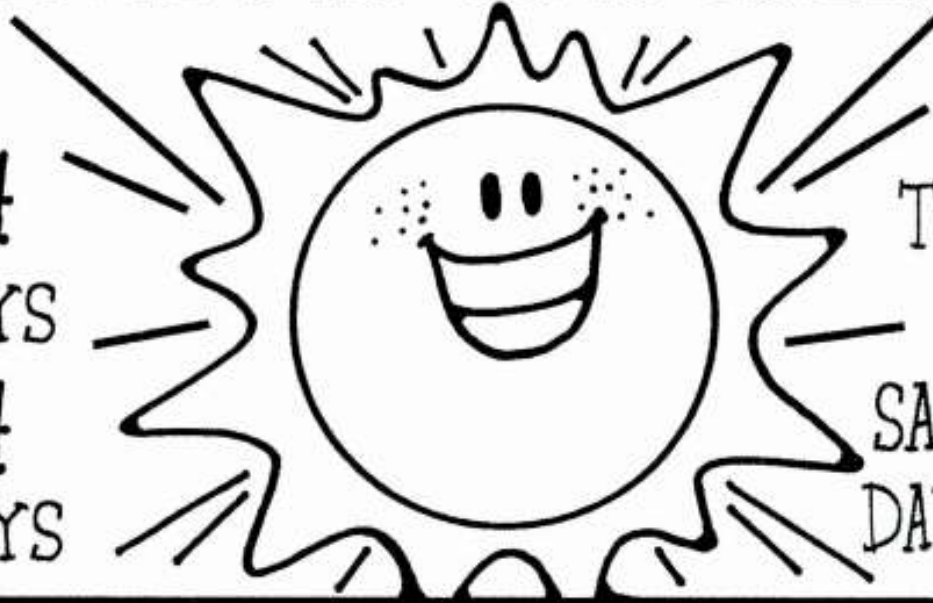
Gospelgrabbag.com



○ **SABBATH DAY** ○
ACTIVITY · ADVENT · CALENDAR

14
DAYS

14
WAYS



TO KEEP
THE
SABBATH
DAY HOLY!

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

What Is It Puzzle

Sabbath

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

Saturday

day

sunset

Bible

rest

creation

seventh

sunrise

God

holy

remember

teach

nature

Holy Spirit

worship

special

Genesis

sanctify

Jesus

Sabbath

