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The Best Day

It was near the end of the sixth day of Creation. Adam and Eve met with God under the shade of the tree of life. "See the sun setting?" God may have asked. "I love the way the sky turns pink, and orange, and red when the sun sets, don't you?"

As they watched the sun set on their first day of life, Adam and Eve listened to God. "When the sun sets, another day begins," God explained. "This sunset begins the most special day of all. Everything made in this earth is a present for you. There are so many beautiful and interesting things. It will take a long time for you to discover them all. But the best present has been saved until now. It is the present of a day—the seventh day. It will be called Sabbath."



A day named Sabbath? Adam and Eve wanted to know more.

God explained how happy He and Jesus and the Holy Spirit were with everything. "As you have children and your children have children and learn more about this world, things will get very busy.

"We want to be sure that you will have enough time to spend with Us. We want you to remember that We made this whole world just for you. We put a special day at the end of every week. It is a holy day that will be different from all the other days. It will be a time to stop thinking about all the things that will keep you busy on six days every week. You will be able to spend a whole day with Us."

We can only imagine what happened on the first Sabbath morning. Maybe God called Adam and Eve to the shade of the tree of life. Maybe they heard God say, "Remember the Sabbath day to keep it holy" the very first time He ever said it. Maybe angels sang for them and played wonderful musical instruments. Maybe God told Adam and Eve about how much He had enjoyed planning this beautiful world.



What a wonderful day! Adam and Eve spent every minute with the wonderful God who had created them. They enjoyed the beautiful earth they could see in every direction. "God must love us very much," Adam and Eve probably said to each other. "Only Someone who loves us could make everything so perfect. His love just fills us with love for Him."

Every Sabbath in Eden Adam and Eve visited with God. Every Sabbath they remembered again how He had made the world for them. They remembered how He had made them. And how much He loved them.

We can be with God for a whole day each Sabbath too. God wants us to enjoy this special day He made for us. He wants us to enjoy being with Him and learning more of His love.



The Best Day Questions

On which day were human beings created?

Why is the seventh day of the week important?

List activities you like to do on the Sabbath to worship God and spend time with family and friends.



The Best Day Coloring Page



Rest Craft



Supplies:

- Uncoated paper plate
- Assorted beads
- Glitter glue
- Optional: Hole punch and ribbon/twine for hanging craft

Instructions:

- Use the glitter glue to create the word "REST" in the center of the plate.
- Place beads over the glitter letters. Allow the glitter to dry.
- Punch a hole in the top of the craft and string ribbon or twine through it so that the craft can hang.



The Best Day Puzzle

The Sabbath is a day to do good things that bring me closer to God (Matthew 12:10-12).

Draw a good thing that you can do on the Sabbath in the space below.

Cut out the puzzle pieces, and then put the puzzle together.

