

Commandment 3: Sabbath Healing

“Remember the Sabbath day to keep it holy”

Exodus 20:8-11; Luke 13:10-17

Goal: This lesson teaches the third commandment through the story of the Lord healing a woman on the Sabbath. The Lord miraculously healed a woman whose back had been bent for eighteen years, showing us that the Sabbath is a day for resting in Him and acting as He did.

Process: Choose activities for the 4 parts of the lesson from the chart below. For multi-aged groups, teach the lesson to the entire group and select activities that suit your students. Online Extras provide additional activity choices.

Lesson Overview

Lesson Parts	Activities	Materials Given	Supplies Needed
1. Introduction (2-3 minutes)	All Ages <i>The Third Commandment</i>	introduction p. 2	
2. Readings & Questions (5-7 minutes)	All Ages select readings for your group	readings pp. 2-3 questions p. 4 talk-about picture p. 5	Bible for ages 11-14
3. Activities choose 1-2 activities (15-20 minutes) Note: Activity ages are approximate. Choose activities that will work for your group.	Ages 3-6 <i>Jesus Heals the Woman</i> finger puppets	directions p. 6 <i>Jesus & the Woman</i> p. 7	scissors, markers or crayons
	Ages 7-10 <i>Sabbath Cards</i> thank you cards	directions p. 8 <i>Sabbath Cards</i> pp. 9-10 <i>Quotation Inserts</i> p. 11	stiff paper, markers or crayons, pencils or pens, scissors optional: decorations such as sequins, stickers, glitter; envelopes
	Ages 11-14 <i>Healing Volvelle Reveal</i> moving paper project	directions p. 12 online video directions <i>Upright Woman</i> p. 13 <i>Bent Over Woman</i> p. 14	stiff paper, sharp scissors or craft knife and ruler for each student, device to show video
	Ages 3-10 picture to color	<i>Jesus Heals the Woman</i> p. 15	crayons or markers
4. Closing & Recitation (2-3 minutes)	All Ages wrap-up	<i>Recitation Slips</i> p. 16	scissors or paper cutter
Online Extras	All Ages additional activities	online links p. 16	various

Introduction: The Third Commandment

The third commandment is about keeping the Sabbath day holy. The Lord tells us to,

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

The word “Sabbath” means “rest”.

- Each night we rest. We go to bed and sleep. Why is resting important? What can happen if we do not rest?
- What other kinds of “rest” are there? (We might “rest” an argument and apologize for something we have said. We “rest” our minds after working hard each day. We “rest” from school during the summer.)
- Long before the Lord gave the Ten Commandments, the Sabbath was a day of rest. It was the day the Lord rested after creating the world! It was His day. The Lord’s day was so holy that people were not to do anything—not even to pick up sticks to make a fire!
- The Lord invites us to “learn from Him” and promises that if we do, He will give our souls “rest”. This rest is different. It is not just the rest of having a tired body, but rest from our struggles to do what is right. It is the Sabbath rest the Lord gives when we leave behind selfishness and think about Him.

Our story for today takes place on the Lord’s day, the Sabbath day. Pay attention to where it happens, and to what the Lord did that changed how people used the Sabbath.

Reading Ages 3-6: Sabbath Healing

This is a short retelling of the story for young children. To tell the story in your own words using a picture, see the talk-about picture on p. 5.

When the Lord lived on earth, His name was Jesus. He taught people how to live a good life because He wants everyone to live with Him in heaven. He talked to people and healed them.

One day Jesus was talking in a synagogue, a place people met to worship and learn about the Lord.

As Jesus talked, He saw a woman who was bent over. She was so bent that she could not stand up straight. Imagine what that must have been like! She had been like that for a long time, for eighteen years.

Jesus called out to the woman. He asked her to come to Him. He said she was healed. Then He reached out His hand and touched her. It was a miracle! The woman stood up! She could see other people, and she could see Jesus. She thanked Him for healing her.

But one man was angry. He thought Jesus should not have healed her because it was the Sabbath. But by healing her, Jesus showed that the Sabbath was a day for loving others and doing things to help them.

Reading Ages 7-10: Sabbath Healing

New Church Concept Teacher Background

The Sabbath was the holiest thing among the children of Israel because it represented the Lord. The six days represented His labors and battles with the hells. The seventh day represented His victory over the hells and the resulting rest. It was holiness itself because it represented the completion of the Lord's entire redemption. When the Lord came into the world, however, symbols representing Him were no longer needed, so the Sabbath day was turned into a day for instruction in Divine things, for rest from labors, for meditating on things related to salvation and eternal life, and for loving our neighbor. It is clear that the Sabbath became a day for instruction in Divine things, because the Lord taught on the Sabbath day in the Temple and in synagogues. On the Sabbath the Lord also said to a healed person, "Take up your bed and walk." In the spiritual meaning, these details all stand for being instructed in religious teachings. See *True Christian Religion* 301

A retelling of the story for children.

We go to church to worship the Lord but many years ago, when Jesus was on earth, people went to a synagogue. The synagogue was a place where people went to study the Word and worship the Lord. The most precious thing in the synagogue was a copy of the Word that was carefully written out by hand and kept in a special place. Our story today is about Jesus healing a woman on the Sabbath day. Listen to find out what Jesus was doing, what was wrong with the woman, and what a man who saw the miracle said.

One day, Jesus was teaching in a synagogue. It was the Sabbath day. As He was speaking, a woman walked in. She was bent over. She was so bent that she could not straighten herself to stand up. She had been bent over for eighteen years. Imagine what it would have been like to look at the floor for so many years. She could not look at people's faces. She could not even see Jesus standing right there with her.

When Jesus saw her, He called out and asked her to come to Him. He said, "Woman, you are loosed from your infirmity." She walked to Jesus, and when she came close to Him, He put His hands on her. When He touched her something amazing happened. The woman could stand up straight! It was a miracle. She could look up. She could see the Lord and the people gathered there listening to Him. She was so happy that she praised the Lord. She thanked Him for the wonderful thing that had happened.

But the ruler of the synagogue was angry. He did not think that the Lord should have healed someone on the Sabbath. He said, "There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day."

Jesus answered by saying that the ruler was a hypocrite, a person who did not do what he said. Jesus knew that while the ruler did not think the Sabbath was a day for healing, he and the others listening thought it was fine to untie their animals on the Sabbath so that they could drink. "Does not each one of you on the Sabbath loose his ox or his donkey from the stall, and lead it away to water it?"

The Lord pointed out that like the animals, the woman had been "tied up" for many years by her infirmity. She too needed to be freed, just as the animals needed to be freed from their stalls to drink water.

The people standing around heard what Jesus said and rejoiced! They were happy to see the miracle and to learn a new way to keep the Sabbath.

Reading Ages 11-14: Sabbath healing

Read Luke 13:10-17 or use the retelling above.

Questions Ages 3-6

1. Where did the story take place? (In the synagogue, where people went to worship the Lord and learn about Him.)
2. What wrong with the woman who came to the synagogue? (She was bent over.)
3. Why did she probably come to the synagogue? (to hear the Word and learn about the Lord)
4. How did the Lord help her? (He called to her, said she was healed, touched her, and she stood up straight.)
5. Why was a man upset? (He was angry because the Lord had healed on the Sabbath, a day of rest.)
6. What did the Lord show about the Sabbath? (The Lord showed that the Sabbath is a day for learning about the Lord and also for helping other people and making them happy.)

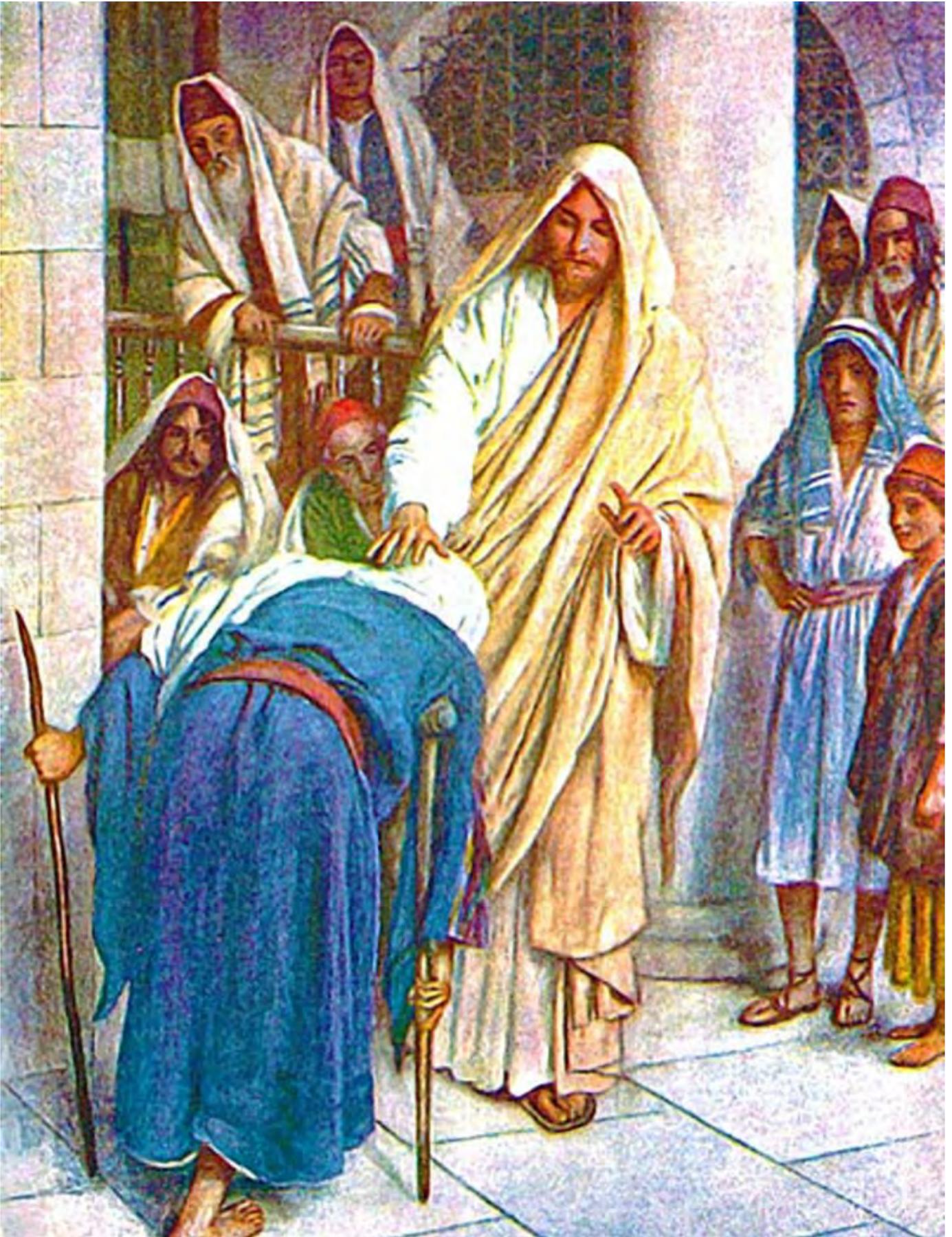
Questions Ages 7-10

1. Have you ever struggled to do something? What was it? How did it make things hard for you?
2. What problem made the woman struggle? How did her problem make her life difficult?
3. In what ways did Jesus' healing change the woman's life?
4. Why was the ruler of the synagogue angry? (He did not think Jesus should have healed on the Sabbath. He believed "resting" on the Sabbath meant not working.)
5. What is a "hypocrite"? Why did Jesus call the ruler a hypocrite? (A hypocrite says one thing but does another thing. The ruler said Jesus should not have freed the woman, but he freed his animals on the Sabbath.)
6. Jesus healed the woman because she came to Him. The Lord frees us from our struggles when we ask Him for help. We experience His happiness when we act like Him, helping others and making them happy.

Questions Ages 11-14

1. The woman in this story went to Jesus for help. She was so bent that she could not look up! "Looking up" means finding another, higher, way of thinking and acting. It means looking to the Lord. What kinds of struggles might make us feel that we cannot "look up"? (Feelings like anger, selfishness, laziness and feeling hurt can stop us from finding a new way forward in our struggles.)
2. How long did the woman struggle? (She struggled for eighteen years before coming to the Lord.)
3. What four steps did the Lord take to heal the woman? (1. He saw her; 2. He called her to come to Him; 3. He told her she was freed; 4. He touched her.) The Lord sees us just as He saw the woman. He calls to us in His Word. And He touches our hearts and frees us from our struggles when we "rest" in Him.)
4. How did the woman respond to the Lord's healing? (She praised Him.) Only He could have healed her.
5. "Sabbath" means "rest". People thought that day of rest meant just rest from physical work. How did the Lord change people's ideas about the Sabbath with this miracle? (He showed a different meaning of the Sabbath.) The Lord showed that the Sabbath is a day for resting in the Lord. He showed that He has the power to heal our spirits when we go to Him or "rest" in Him.

Commandment 3: Sabbath Healing



Activity Ages 3-6: Jesus Heals the Woman

Materials Needed
copies of *Jesus & the Woman*, scissors, markers or crayons

Prepare in Advance
Print a copy of the *Jesus & the Woman* for each child. Two sizes are given for different sized hands. For very young children, cut out the two figures ahead of time. To cut multiples, stack several templates so the pictures line up, and cut around the outlines of the figures. Cut the finger holes individually, bending the paper and cutting semi-circle holes.

New Church Concept Teacher Background

Not doing any work on the sabbath day means not doing anything that begins in ourselves, but only what begins in the Lord. In heaven angels do not will or do—they do not even think or say—anything that begins in themselves. This is what their being joined to the Lord consists in. This state with the angels is the heavenly state itself; and when they are in it they experience peace and rest. Also the Lord has rest, for when the angels have been joined to Him their labor ceases; they now abide in the Lord. See *Arcana Coelestia* 8495

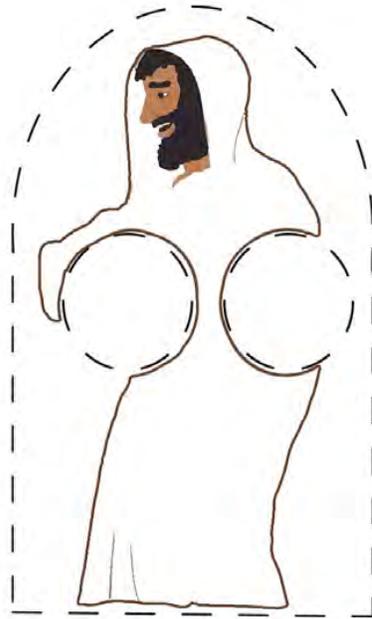
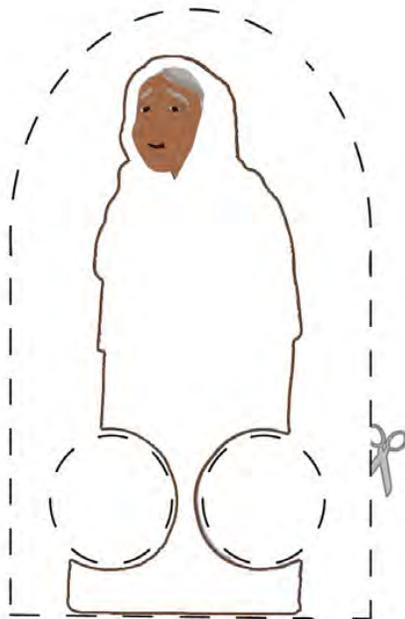
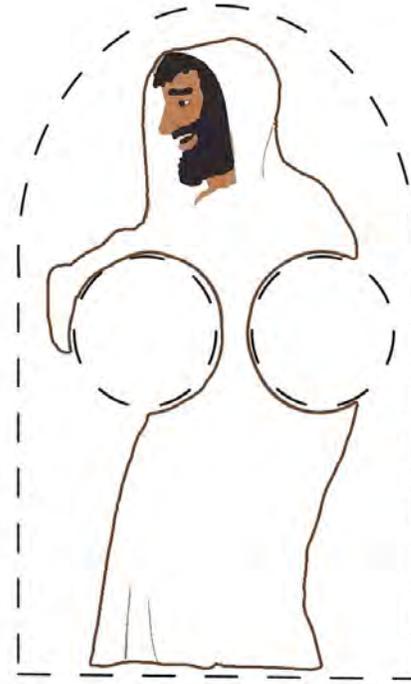
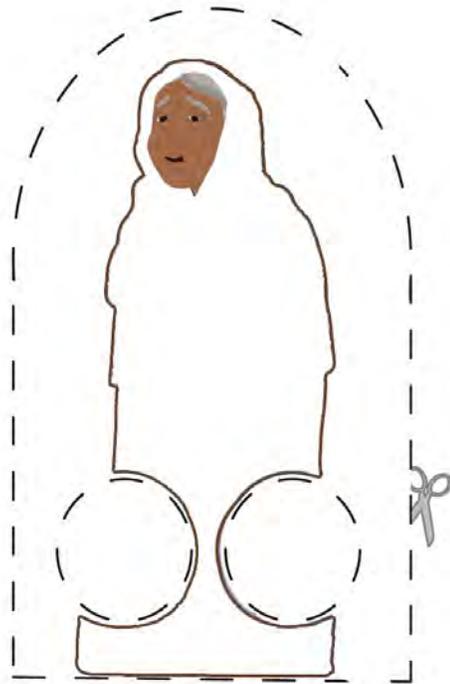
As Jesus was speaking in the temple a woman came in. She had a bent back. He called her to Him and said she was healed. He laid His hands on her, and she stood up.

Children will start by experiencing what it is like to be bent over and then make the finger puppets to re-enact the miracle of the Sabbath healing.



- Let's all stand up. Stretch your hands up to the ceiling. How high can you reach? Now, bend over and see if you can touch the floor. Now freeze. I want you to stay bent over to see what it must have been like for the woman. How does it feel? What can you see? What can you do? Can you walk? What would be hard to do? Stay frozen until I come and touch you. As soon as I touch you, you can stand up straight!
- Now, we're going to make puppets so we can act out the story.
- Seat children and give each child a copy of *Jesus & the Woman*, markers or crayons. Color the picture of the woman and the picture of Jesus.
- If you haven't pre-cut the figures, hand out scissors and show children how to cut around the figures. Children may need assistance cutting the finger holes. Demonstrate folding the paper gently and cutting a circle on the fold.
- Once both puppets are complete, invite the children to put their fingers through the holes and re-enact the story using both hands. Their fingers will be the arms for Jesus and the legs of the woman. This allows them to show the dramatic parts of the story—Jesus touching the woman with His hand, and the woman being bent over and then straightening up.
- Retell the story simple while children act it out with their puppets.
 - Jesus is in the temple. The woman comes in bent over.
 - Jesus sees the woman and calls her to come to Him. She comes to Him.
 - He tells her she is free, and He touches her.
 - The woman is healed! She stands up straight and praises the Lord.

The Lord opens the eyes of the blind;
The Lord raises those who are bowed down;
The Lord loves the righteous. (Psalm 146:8)

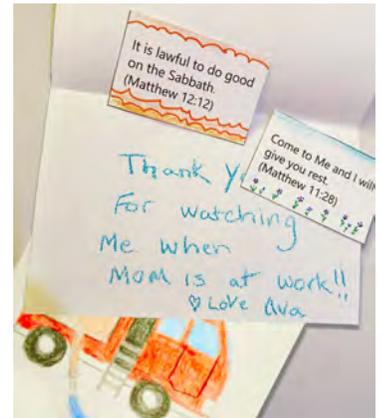


**Note: Two sizes of template are given for larger and smaller hands.
Choose the right sized template for your students!**

Ages 7-10: Sabbath Cards

Materials Needed
Sabbath Cards and *Quotation Cards* printed on stiff paper, scissors, crayons or markers, pencils or pens
optional: decorations such as sequins, stickers, glitter; envelopes

Prepare in Advance
Print *Sabbath Cards* and *Quotation Cards* on stiff paper for each student. Gather additional supplies.



Jesus healed a crippled woman on the Sabbath, the day of rest. After she was healed, she praised the Lord. Children will create cards and choose quotes to put inside them. Encourage children to see useful qualities in others and recognize that all these good things ultimately come from the Lord. Recipients could include parents, grandparents, cleaners, pastors, care workers, medical workers, police, firemen, Sunday school teachers, etc.

1. It's easy to notice extra, special things people do for us—for example, giving us presents—but what about the small things people do for us every day, like making a meal, or helping you with homework? ?
2. We are going to make cards to thank people who help, just as the Lord helped to heal the woman who was bent down. What helpers can you think of? What about ordinary people or family members who do small things for you each day?
3. Hand out *Sabbath Cards* and *Quotation Cards* and other supplies. Ask children to pick one person to make a card for.
4. Cut out the card on the solid line and fold it in half along the dotted line.
5. Draw a picture on the front of the card.
6. Then write a thank you message inside the card.
7. Choose one of the *Quotation Cards* to put in the card.
8. Help children plan how to deliver the cards. Some may need extra help, putting cards in the mail, etc.

New Church Concept Teacher Background

“That ‘captivity’ signifies in the Word spiritual captivity, which is a shutting out from Divine truths, that is, from the understanding of them in the Word, also destruction by the falsities of evil and by the evils of falsity.”
Apocalypse Explained 811

“Spiritual captivity is to be led astray and so to be drawn away from truths and goods into falsities and evils. That captivity in the Word means this spiritual captivity can be seen from the following passage: ‘Ought not this... daughter of Abraham, whom Satan has bound... be loosed from this bond on the Sabbath?’ (Luke 13:16)”
Apocalypse Revealed 591

New Church Concept Teacher Background

‘To praise God’ means confession and worship, because the Lord has no wish to be praised and glorified from any love of Himself, but only from His love for humanity. For people give praise and glory to Him, when they acknowledge in heart that there is nothing of good in themselves, that all good is from the Lord, and that the Lord can do all things. When people acknowledge this, they put aside what is their own, which belongs to the love of self, and open every part of their mind, and so make room for the Divine to flow in with good and with power. This is why it is necessary for a person to be in humiliation before the Lord, and why humiliation can be from no other source than self-acknowledgment and acknowledgment of the Lord, according to which reception is effected. That ‘to give praise to God’ and ‘to praise God’ mean to confess Him and from confession of heart to worship Him. See *Apocalypse Explained* 1210

May a blessing rest on your house.
see Ezekiel 44:30

I will give thanks to You, O Lord.
2 Samuel 22:50

Come to Me and
I will give you rest.

(Matthew 11:28)

I will sing praises
to Your name.

(2 Samuel 22:50)

Heal me, O Lord,
and I shall be healed.

(Jeremiah 17:14)

It is lawful to do good
on the Sabbath.

(Matthew 12:12)

I will give thanks
to You, O Lord.

(Psalm 18:49)

Rest in the Lord, and
wait patiently for Him.

(Psalm 37:7)

I will praise the Lord.

(Genesis 29:35)

Come to Me...and I
will give you rest.

(Matthew 11:28)

Ages 11-14: Healing Volvelle Reveal

Materials Needed

Upright Woman and *Bent Over Woman* printed on stiff paper for each student, sharp scissors or craft knives, device for watching video

Prepare in Advance

Print project on stiff paper. (It won't work on thin paper.) Gather sharp scissors or craft knives. Watch an instructional video at <https://www.newchurchvineyard.org/resource/video-how-to-assemble-a-volvelle> and prepare to show to your class. Make sample volvelle.

New Church Concept Teacher Background

By 'the hands' is meant power and since this power is the capacity to act, the entire person engaged in action, is also meant by 'the hands'. By 'laying on the hands' is meant transmission on the part of the one who lays them on and reception on the part of the person on whom they are laid. From this it is evident what "laying the hand on" meant among the ancients, namely the transmission and transference of whatever thing it was that they had in mind, and also the reception of it by another, whether it was power, obedience, blessing, or testimony. See *Arcana Coelestia* 10023

Students will create a volvelle or revolving picture that depicts Jesus healing the woman. Volvelles are circular paper constructions with rotating parts. Early volvelles were the first forms of analog computers and have been used for about a thousand years to make complex astronomical calculations. This simple volvelle has been designed using the same principle. When complete, students will be able to make the bent woman straighten up to thank the Lord.



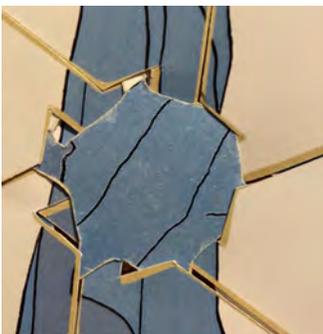
1. In the Word disabilities picture infirmities of mind. A woman with a crooked back is someone who struggles to look up toward the Lord. This project shows our ability to straighten our thinking to look upwards to the Lord.
2. Hand out pages one and two of the *Healing Volvelle Reveal* printed on stiff paper and a pair of scissors or craft knife.
3. Take paper with the *Upright Woman* and cut around circle and the tabs on the gold line. Then poke holes into the middle of the thick gold lines and cut along the straight radiating lines. Completely cut out all of the gold lines, so the six slits are about $\frac{1}{4}$ " (.6 cm) wide. Cut as precisely and smoothly as possible.
4. Take the page with Jesus and the *Bent Over Woman*. Cut along the gold lines and semi-circle, leaving the rest of the page in one piece. You will have six wedges when finished.
5. Assembling the volvelle is tricky, so we've made a video to show how you do it. Watch <https://www.newchurchvineyard.org/resource/video-how-to-assemble-a-volvelle>.
6. Place the *Upright Woman* behind the *Bent Over Woman* and slide the large tab of the bottom page through the cut semi-circle on the top page. Push the tab to the left side of the circle, close to Jesus.
7. Slide one wedge from the *Bent Over Woman* through a cut in the *Upright Woman*. Continue sliding the wedges through one-by-one until all are done.
8. Holding the *Bent Over Woman* paper, gently pull the large tab to the right. Jiggle the pages if they are stuck. It may take some wiggling to align the pieces and make the volvelle work smoothly.
9. Use the volvelle to see a picture of the miracle the Lord did for the woman.

New Church Concept Teacher Background

'To give glory to God' means to live according to Divine truth, as the Lord taught: In this is My Father glorified, that you may bear much fruit. (John 15:8). This makes clear that 'to give glory to God,' means to bear fruit. See *Arcana Coelestia* 840

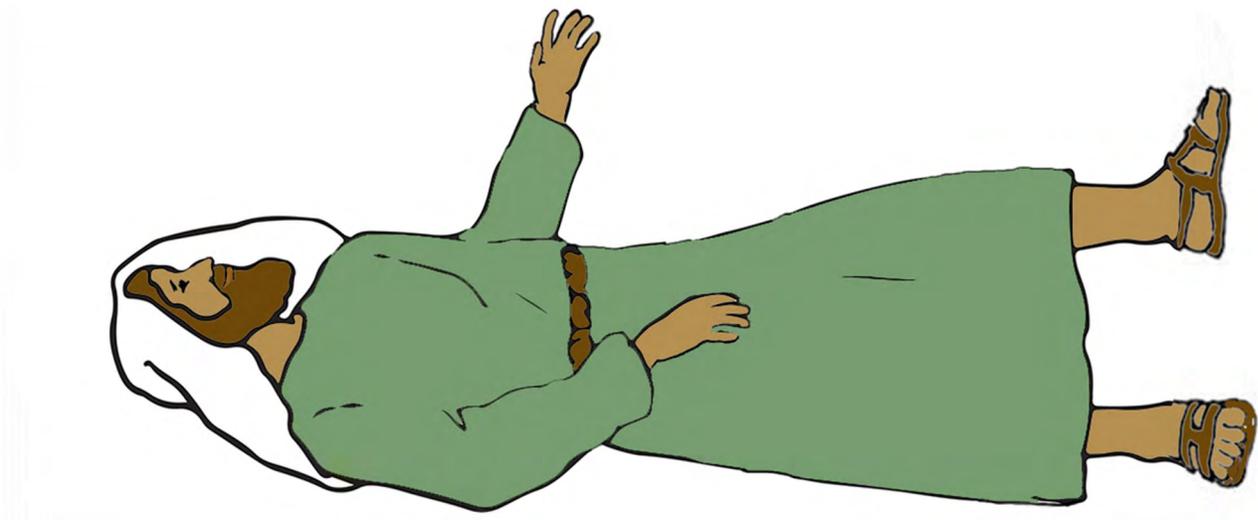
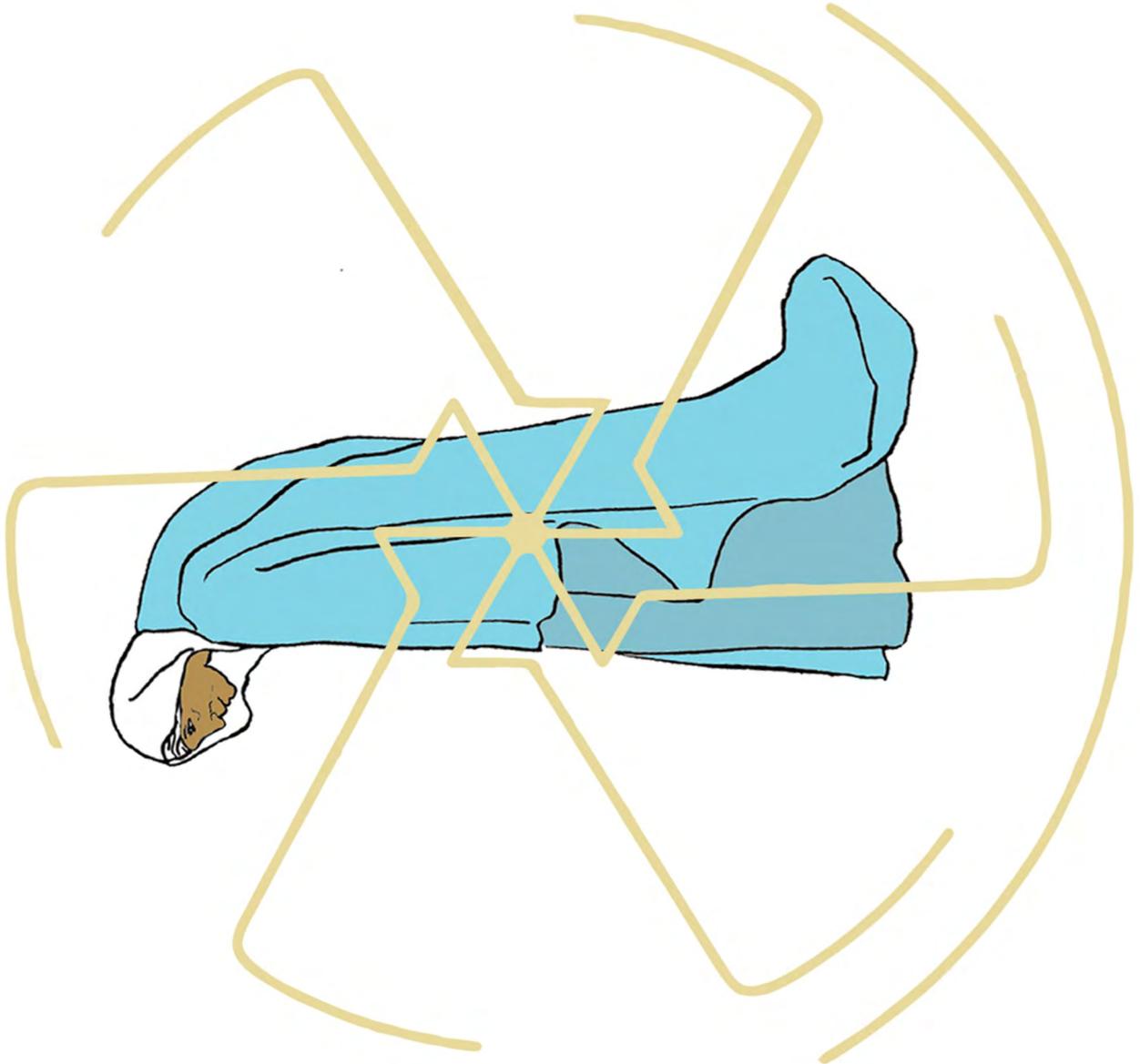


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vovelle front**



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Closing & Recitation

The third commandment, “Remember the Sabbath day to keep it holy” means we remember that “resting” in the Lord—obeying His commandments—gives true happiness. This happiness is the joy of doing useful things to help others and recognizing that it is the Lord who is doing what is good through us.

Today we add the third commandment to the first and second commandments which we have already learned. Remember the Sabbath day to keep it holy. Let’s say it together now. Take home a recitation slip and practice the first three commandments each day.

<ol style="list-style-type: none"> 1. You shall have no other gods before My face. 2. You shall not take the name of the Lord your God in vain. 3. Remember the Sabbath day to keep it holy. <p style="text-align: center;">Exodus 20:3-11</p>	<ol style="list-style-type: none"> 1. You shall have no other gods before My face. 2. You shall not take the name of the Lord your God in vain. 3. Remember the Sabbath day to keep it holy. <p style="text-align: center;">Exodus 20:3-11</p>
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Online Extras

Looking for something “extra”? Try these online ideas!

Ages 3-6 *Jesus Heals*, band-aid project <http://www.blessingsoverflowing.com/sunday-school-crafts-jesus-heals/>

Ages 7-10 *Jesus heals on the Sabbath*, a decoding activity https://sermons4kids.com/jesus_heals_on_the_sabbath_decoder.htm

Ages 11-14 *Jesus Heals on the Sabbath* word search https://sermons4kids.com/jesus_heals_on_the_sabbath_wordsearch.htm