

## Theresa Grimes to First United Church of Christ- Sauk City

March 29 at 11:48 AM ·

Hello Confirmands! I miss all of your bright shiny faces!! Below is our Confirmation lesson for this week. Stay healthy!

Good morning everyone! It's Theresa from Confirmation. Hope you're all hanging in there! Our Confirmation lesson for today is on The Sabbath/Continuing with the Ten Commandments..Exodus 20:8 "Remember the Sabbath day, and keep it holy." We are commanded to remember the Sabbath day & keep it holy. This has become a huge challenge in our busy culture where club sports, dance practice/recitals, rehearsals, jobs, dance camps, sporting tournaments all happen on Sundays now. So what does this mean in a world where all of these events crowd out God? God who gives us 7 days to live each week commands that we save one out of seven to worship, rest, focus and remember who we are and whose we are.

So what will we do with this command? Consider these two words..."recreation" & "wreck-creation". What do you think is the difference between the two? Some people pack so much stuff into their weekends that they are exhausted by Monday morning. Some people come home from vacation only to need another vacation because they're so wiped out! So, God took a day off after creation, right? Why do you think He commanded that people take a day off to refresh, re-create, & remember? The Sabbath is meant for worship & time with God. We are called to re-new our spirits. What happens when your cell or computer's battery is almost out? First, you probably panic because these days that is a "life" source to the "outside"! But you just have to simply plug it in to its power source so it can recharge. The Sabbath is like that...WE need to plug in to OUR power source (God) to renew & recharge. To thank Him for all we have.

So...here's your question for the week: Even if you are busy, not able to physically attend church/worship, what are some ways you can renew/recharge your Spirit & reconnect with God?