

This week we will study about how God created the world, and a very special day called the Sabbath.



## Torchlight

*“The sinless pair wore no artificial garments; they were clothed with a covering of light and glory, such as the angels wear. So long as they lived in obedience to God, this robe of light continued to enshroud them”*  
– Patriarchs & Prophets p. 45

# CREATION & THE SABBATH

DAILY DEVOTIONAL 1



# SUNDAY

**LET'S PRAY** Dear God, thank You for the opportunity to study Your Word. Please Lord, be with my heart and mind, and help me to understand what You are saying to me through the Bible.  
In Jesus' name, Amen.

## MEMORY VERSE - EXODUS 20:8-11

*"Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work; you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor the stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it".*

THERE'S **POWER** IN THE WORD!

LET'S READ:

**GENESIS 1:1-8**



## THOUGHT FOR THE WEEK

The Sabbath originated in this world at creation and has been preserved throughout history for us today. God created it in Eden for Adam and Eve and for you and me and Jesus kept it as an example for us when He walked this earth. It is interesting to note that the verse in Exodus 20:8 is the only commandment that begins with the word Remember!

This is something that God does not want us to forget. Jesus kept the seventh day Sabbath which we know to be Saturday. This is the day that God wants us to keep. From your reading today from Exodus you can see it is one of the 10 commandments.

If you would like a more in-depth study on the Sabbath you can contact us at 3ABN Australia.



## SABBATH QUIZ

1. What did God create on the fourth day? \_\_\_\_\_
2. What did God create on the sixth day? \_\_\_\_\_
3. Which day did God rest from His work of creating? \_\_\_\_\_
4. What was the special job God gave Adam after he was created?  
\_\_\_\_\_
5. What body part did God take out of Adam to create a woman?  
\_\_\_\_\_



# SABBATH

**LET'S PRAY** Dear Father, thank You for creating this amazing world. Thank You for the Sabbath. Help me to learn more of You today. Help me to reflect on what You do for me each day. In Jesus' name, Amen.

## MEMORY VERSE - EXODUS 20:8-11

*“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work; you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor the stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it”.*

## THERE'S **POWER** IN THE WORD!

LET'S READ:

**EXODUS 20:1-17**



## LET'S THINK ABOUT THIS

So from reading the first verse of Genesis it tells us that God made our earth and the heavens that surround it. On the first day God created night and day. On the second day God divided the waters on the earth and created the sky.

God's creative power in making this earth was His expression of utmost love for us. He made every beautiful flower, gorgeous butterfly and yummiest piece of fruit with you in mind. God's power is so great that He spoke our world into existence. Read Psalm 33:6 to give you the idea of the greatness and majesty of our God!



## FILL IN THE MISSING SPACES - GENESIS 1:5

“God called the .....Day, and the ..... He called Night. So the ..... and the morning were the ..... day”.

WHAT DID YOU LEARN TODAY WITH THE KING?

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# MONDAY

**LET'S PRAY** Dear Lord, thank You for making the sun to keep us warm and grow our food. Thank you for the stars that twinkle down at us at night. I praise and thank Your name! Help me to understand what I read in the Bible today. In Jesus' name, Amen.

## MEMORY VERSE - EXODUS 20:8-11

*“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work; you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor the stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it”.*

## THERE'S **POWER** IN THE WORD!

LET'S READ:

**GENESIS 1:9-19**



## LET'S THINK ABOUT THIS

We know that God created Adam and Eve on the sixth day but verse 7 of chapter 2 tells us how God made Adam. God formed him out of the dust of the earth and breathed into him the breath of life. That's pretty awesome! Adam's first job was to name all the animals that God had created. What a job that would have been, and a lot of fun! But Adam noticed all the other animals had a mate but he didn't. God caused a deep sleep to come over Adam and took out a rib and made a woman for him. Verse 25 tells us they were both naked. But we are told that they had a clothing of light over them like the angels wear.



As you enter into the Sabbath Day thank God for creating you. Think about how your body works. It's an amazing piece of engineering! God thought of everything, right from our smallest microscopic cell to the movement of our arms and legs and everything in between. Only an extraordinary and loving God could create such a complex organism—your body.

## FILL IN THE MISSING SPACES - GENESIS 2:20

“So ..... gave names to all cattle to the ..... of the air, and to every ..... of the field. But for Adam there was not found a ..... comparable to him”.

WHAT DID YOU LEARN TODAY WITH THE KING?

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# FRIDAY

**LET'S PRAY** Dear Lord, thank You for Your care over me this week. Help me to praise and thank You more. May you continue to work on my heart and mind as I study Your Word. In Jesus' name, Amen.

## MEMORY VERSE - EXODUS 20:8-11

*“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work; you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor the stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it”.*

## THERE'S **POWER** IN THE WORD!

LET'S READ:

**GENESIS 2:7**  
**& GENESIS 2:18-25**



## LET'S THINK ABOUT THIS

On the third day God divided the water that was left under the sky and created land and sea. God created trees, plants and flowers both for our pleasure to look at and for us to eat. God gave us fruits, grains and nuts for our food. On the fourth day God created lights in the sky. The sun to rule the day and moon and stars to rule the night.

Think about the sun. God created it to warm our earth, grow our food and give us light. We would not survive without the warming rays of the sun, we would be in complete darkness. And we know that nothing can thrive in darkness. We can only thrive in the light. Praise God! Next time you contemplate the goodness of God, praise Him for allowing the sun to come up every morning for us so we can enjoy the beauty of what He has created for us.



## FILL IN THE MISSING SPACES - GENESIS 1:10

“And God called the ..... land Earth, and the ..... together of the ..... He called Seas. And ..... saw that it was good”.

WHAT DID YOU LEARN TODAY WITH THE KING?

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# TUESDAY

**LET'S PRAY** Dear God, thank You for the birds of the air and the fish in the sea. Thank You for loving me so much. Help me to let Your light shine in me today. Thank You for my Bible. In Jesus' name, Amen.

## MEMORY VERSE - EXODUS 20:8-11

*“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work; you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor the stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it”.*

## THERE'S **POWER** IN THE WORD!

LET'S READ:

## GENESIS 1:20-23



## LET'S THINK ABOUT THIS

After God had spent six days creating the world, God rested from all his work on the seventh day. This was a special day that He blessed and sanctified. Notice that the Bible verse reads “The” Seventh day not “A” Seventh day. So it was a particular day He rested on. Another interesting point is that in verses five and six, the Bible tells us that there was no rain on the earth. God had created the world in such a way that a mist arose from the ground to water the earth.

God gave us the Sabbath so we could set aside one day out of seven to leave our worldly interests and contemplate the goodness and greatness of God. Keeping the Sabbath is an act of our thankfulness and love of what He did for us. It is a time we can spend in worshipping God with others and spend in the word—the Bible—for us to learn more of our creator. Also time spent in nature can be a lesson book for us on how great our God is.



## FILL IN THE MISSING SPACES - GENESIS 2:3

“Then God..... the seventh day and ..... it, because in it He.....from all His..... Which God had created and made”.

WHAT DID YOU LEARN TODAY WITH THE KING?

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# THURSDAY

**LET'S PRAY** Dear God, Thank You for my family. Thank You for the amazing blessings You give me each day. Help me to be more thankful and grateful. Please guide me in reading your word. In Jesus' name, Amen.

## MEMORY VERSE - EXODUS 20:8-11

*“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work; you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor the stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it”.*

## THERE'S **POWER** IN THE WORD!

LET'S READ:

### GENESIS 2:1-6



## LET'S THINK ABOUT THIS

On the fifth day God created all the birds that fly above the earth and all the sea creatures that swim in the waters.

I often wonder what the waters would have looked like when God first created our world. Being from Australia and having been blessed by the Great Barrier Reef in our backyard, I have visited it many times. The Great Barrier Reef is a prime example of the beauty and complexity of the underwater world. The vibrant colours and amazing diversity of what God created under the sea never ceases to amaze and wow me. One of the things I can't wait to see when I get to heaven is the underwater world in its original glory and beauty and to learn and commune with my Maker about what came from His mighty hand!



## FILL IN THE MISSING SPACES - GENESIS 1:21

“So God created ..... sea creatures and every ..... thing that moves, with which the ..... abounded, according to their kind, and every ..... bird according to its ..... And God saw that it was good”.

WHAT DID YOU LEARN TODAY WITH THE KING?

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# WEDNESDAY

**LET'S PRAY** Dear Father, thank You for creating yummy food for me to eat. Thank You for the animals You made for us. Help me to learn about You more through the Bible. Please open my heart and mind to new truth. In Jesus' name, Amen.

## MEMORY VERSE - EXODUS 20:8-11

*"Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work; you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor the stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it".*

## THERE'S **POWER** IN THE WORD!

LET'S READ:

## GENESIS 1:24-31



## LET'S THINK ABOUT THIS

On the sixth day God made all the animals and Adam and Eve. Verses 29 and 30 tell us that God provided fruits, nuts and seeds for Adam and Eve to eat. The green vegetation was provided for the animals to eat. So no animal ate another animal. They were herbivores only.



Wouldn't it be a boring world without the animals? Think about that. Imagine having no pets. So many people find so much wonderful companionship from animals.

Imagine no zoos! What fun they are to visit. God thought of everything when He made our world.

## FILL IN THE MISSING SPACES - GENESIS 1:27

"So God ..... man in His own .....; in the image of ..... He created him; ..... and female He created them".

WHAT DID YOU LEARN TODAY WITH THE KING?

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