

# Time Out

By RLD Editorial Team

for use as  
**STEP 1** 

**Lesson 2****Focus:**

Take time out for God.

**Lesson 2****Bible Basis:**Exodus 20:8-11; Mark  
16:2-6; Acts 20:7**Lesson 2****Memory Verse:**

“Remember the Sabbath day by keeping  
it holy.”  
—Exodus 20:8

**Students will explore how American youth spend their time and discover that we miss out when we don’t set aside time to refocus.**

**Materials:**

- Internet access

Once your students have arrived, invite them to participate in a discussion.

**Summertime is here! Is anyone trying to take a vacation this summer?** Allow students to talk about plans or hopes for vacations. Some may talk about tight family budgets that will affect what they do.

**Did you know that most Americans who have paid vacation days at work don’t use them all? Some are worried about finances, others don’t plan well, and many are worried that bosses and coworkers will think less of them if they take vacation.**

- **Have you ever found yourself wishing there were more hours in a day? What made you feel that way?** (Answers may include that school takes a large chunk of time; friendships, extracurricular activities, and homework take priority and then there are chores, etc.)
- **How would you say average middle school students spend their day?** (Ask students to help you fill in the list. At this point in the social distancing, weekdays and weekends may look very much alike.)

**A recent poll of Americans explored how different age groups spend their free time. The poll highlighted some of the top hobbies Americans do in their leisure time. These are items above and beyond things like work, school, homework, chores, and sleep. Can you guess what items are on the list for youth ages 18–29?** Invite students to guess, keeping track of their correct guesses on a whiteboard (or screenshared document). When students are out of guesses, list any items that weren’t mentioned.

How Americans Spend Their Free Time: Favorite Hobbies and Pastimes

<https://pollsandinsights.com/human-interest/how-americans-spend-their-free-time-favorite-hobbies-and-pastimes/>

- Cooking / Baking (24%)
- Exercising (17%)
- Reading (16%)
- Watching TV (15%)
- Drawing / Painting (10%)
- Gardening (9%)
- Other (9%)

➤ **Did anything surprise you about this list? If so, what?** (Accept all reasonable responses.)

**Our days tend to become full of activities that we choose and that people expect of us. Let's look more at what we are doing in our daily lives and what God has to say about rest.**

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

# Time Out

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**STEP 4** 

**Lesson 2****Focus:**

Take time out for God.

**Lesson 2****Bible Basis:**Exodus 20:8-11; Mark  
16:2-6; Acts 20:7**Lesson 2****Memory Verse:**

“Remember the Sabbath day by keeping  
it holy.”  
—Exodus 20:8

**Materials:**

- Paper
- Pens/pencils/markers

If your class is meeting online, invite students to bring supplies with them to class.

**We’ve learned that Sabbath is more than dropping by the church building or watching online for an hour or two each Sunday. Sabbath is not just about a quick break from the rest of life. Instead, it helps shape and prioritize the rest of our lives. So let’s talk about how to make our “Sabbath” truly restful and worshipful.**

- **What are the challenges, temptations, or sacrifices related to making Sabbath a habit?** (Other activities and relationships to which we are committed compete for our time. Technology keeps us constantly occupied and it is hard to simply worship and listen. Easier to do what everyone else is doing, and sometimes it’s hard to spend time with Someone we can’t see or audibly hear. Might be tempted to rush through the time just to say we’ve done it.)
- **What would motivate you to try making Sabbath a habit, or to keep it up when it’s tough?** (Answers will vary, but in general, remembering why God is worthy of our time and worship and how Sabbath helps shape and prioritize our entire life.)

Distribute supplies (or invite students to have them ready at home). Allow them to brainstorm practices or activities (perhaps from their Step 3) that they could incorporate to help them practice a Sabbath. Have them draw a circle graph on their paper and fill it in with ways they might like to spend a restful time with God. Encourage them to use their infograph as a template for a Sabbath rest with God this week.

Be sure to ask your students to share about their Sabbath next week.

Close in prayer.

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