

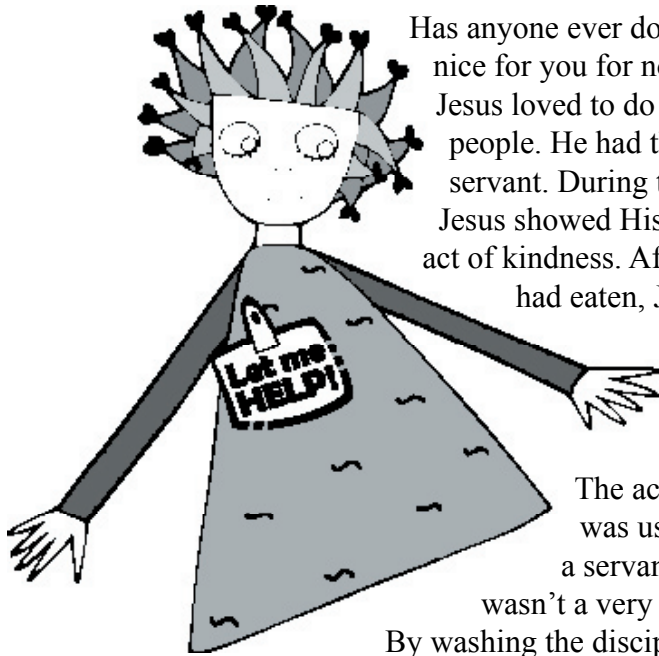


# SABBATH KEEPING YOUTH

A Newsletter by The Church of God International

March/April 2006

## Let Me Help

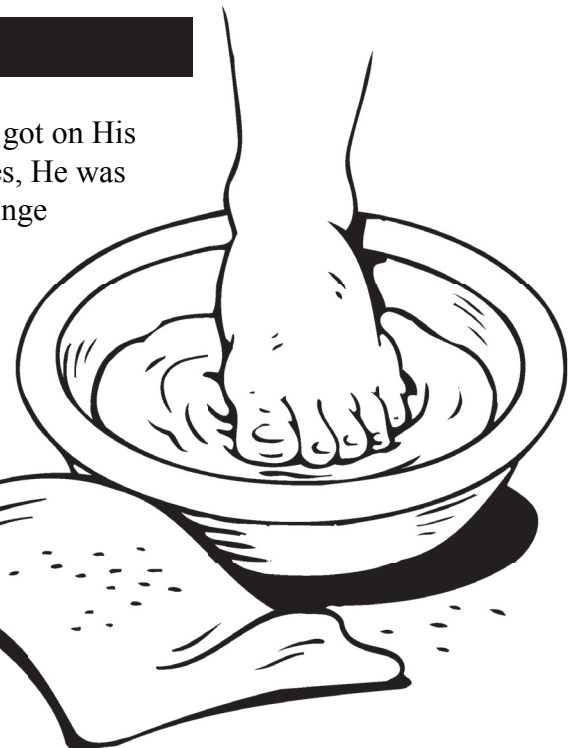


Has anyone ever done something nice for you for no special reason? Jesus loved to do nice things for people. He had the heart of a true servant. During the Last Supper, Jesus showed His disciples a true act of kindness. After everyone had eaten, Jesus got a bowl of water and a towel and began to wash each of the disciples feet. The act He performed was usually done by a servant because it wasn't a very pleasant job. By washing the disciples feet, Jesus showed them how much He loved them. He

didn't do it to get a prize for being nice, and He sure didn't do it because it was the cool thing to do. Jesus washed the disciples feet because he loved them and wanted to do something special for them. The disciples feet were very dirty. They wore sandals and walked every where they went. The roads were made of dirt, so you can imagine that washing their feet was not a clean job. Jesus showed us a great example of being a servant. Pray and ask God to show you a way to serve someone this week. It's simple to do. Ask yourself three questions. "What do they need?" "How can I help?" "When would be the best time to help them?" Remember, when you serve with love, God's blessings will be your reward!

## The Parents' Corner

John 13:1-17 is a story every parent should learn from. When Jesus got on His hands and knees and washed the dirty, calloused feet of His disciples, He was teaching them what it meant to serve others. This should be a challenge for every parent. Ask yourself, "What example am I setting for my children." Challenge yourself to become more Christ-like as you model for your children what it really means to serve others. Ask God to give you opportunities to serve others. You'll be teaching your children something that will make them great in God's eyes!



### A Riddle

Q: What is better than God and ends with -ing?

A: Nothing

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## Making Most of The Days of Unleavened Bread with Your Children



In preparation for the Days of Unleavened Bread make unleavened bread with your children. This will open up the door to a discussion about what the Days of Unleavened Bread are and why we keep them. Here is a great recipe for unleavened bread:

4 C whole wheat pastry flour  
1 1/2 t salt  
3 T butter  
2 eggs yolks  
2 T vegetable oil  
7/8 C milk or water

Sift flour, then add salt, cut the butter into flour mixture, like making pastry. In another bowl, beat egg yolks, adding oil slowly. Pour this mixture into flour and stir with spoon or fork until it forms a ball of dough that comes away from the side of the bowl. Knead lightly on a floured

board for about a minute to shape dough into soft ball.

Lightly flour the board again, pinch off about one-third cupful of dough and with the hands pat it as thin as can easily be done, then roll it thinner with rolling pin. Keep working the dough and rolling it until dough is so thin it just holds together without breaking when handled. Place rolled dough on ungreased baking sheet and mark into squares of any desired size with a knife.

Bake in preheated oven 390-400 degrees for 8-12 minutes until puffed, or very lightly browned.

During the Days of Unleavened Bread take some time each day to read scriptures and reflect on God.

### DAY 1

Read Exodus 12:14-20

Are we supposed to keep this feast? Why or why not? How are we to keep this feast?

### DAY 2

Read I Corinthians 5:6-8

What does this feast remind us to do?

### DAY 3

Read about Moses in Hebrews 11:23-29

Is it easy to put sin out of our lives? Why or why not?

### DAY 4

Make mexican wedding cookies together.

1 C butter	2 C flour
1/2 C powdered sugar	1/8 t salt
1 t vanilla	1/2 C chopped pecans

Cream butter, powdered sugar and vanilla. Combine flour, salt and pecans and stir into butter mixture. Shape into 1" balls. Bake on ungreased baking sheet at 325 degrees for 20-25 minutes until lightly browned. Roll warm cookies in powdered sugar. Cool on racks and roll in sugar again.

### DAY 5

Read Hebrews 12:1-4

Does God expect us to take sin out of our lives? Why or why not?

### DAY 6

Read Psalm 32

Can we take sin out of our lives alone or do we need to ask for help? Who do we ask for help from? When do we ask for help and how?

### DAY 7

Read I John 1:8-10

Now that the feast is over don't forget what you have learned. Apply it to your life and think of ways to continue to put sin out of your life.

How are you going to continue to put sin out of your life?

What are you going to change in your life?

How can you continue to remember to take sin out of your life?

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## The First Passover

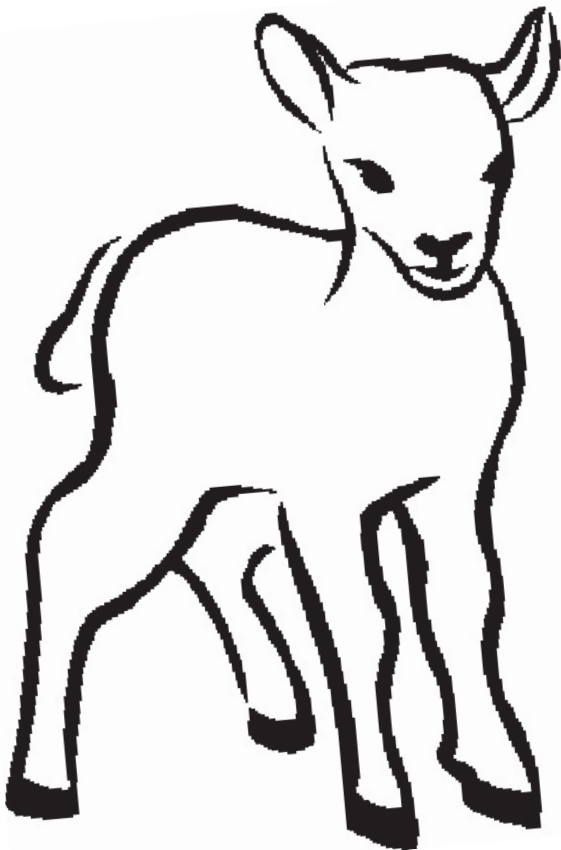
### Exodus 12:1-14

The Israelites had settled in Egypt 400 hundred years earlier. This was during the time of Joseph. During those years, the rulers changed and eventually turned the Israelites into slaves. The Israelites desperately wanted their freedom and asked God for it. Pharaoh would not let the Israelites go. He also did not believe that God would help the Israelites.

God sent nine plagues and Pharaoh would still not let the Israelites go. God then sent His tenth and final plague. “Now the Lord had told Moses, ‘I have one more way to punish the king and the people of Egypt. After this, the king will send all of you away from Egypt.’” (Exodus 11:1) Every firstborn son of men and animals would be killed.

The Israelites could avoid having their firstborn son killed if they followed God’s instructions. The death angel would “pass over” their house if they made a sacrifice and held a special meal. This was called the Lord’s Passover. Moses was given instructions by God of how to do the Passover. The steps included:

1. On the tenth day of the month each man must find an unblemished one-year-old male lamb. There has to be enough lamb for everyone to eat.
2. Take care of the lamb until the fourteenth day of the month and then on that day kill the lamb in the evening before dark.
3. Take the blood of the lamb and put it on the sides and top of the doorframes of the houses where the lamb is eaten.
4. Roast the lamb and eat it with bitter herbs and unleavened bread. Eat all of it and leave nothing for the next day.
5. They must eat the meal in haste and fully dressed with sandals on and walking sticks in hand so they could leave quickly.



“At midnight the Lord killed all the firstborn sons in the land of Egypt—from the firstborn of the king who sat on the throne to the firstborn of the prisoner in jail. Also, all the firstborn farm animals died. The king, his officers, and all the Egyptians got up during the night because someone had died in every house. So there was a loud outcry everywhere in Egypt.” (Exodus 12:29-30) God “passed over” the homes with the blood marks on the doorframes. The firstborns in those houses were saved.

Pharaoh let the Israelites go. “During the night the king called for Moses and Aaron and said, ‘Get up and leave my people. You and your people may do as you have asked; go and worship the Lord.’” (Exodus 12:31) The Israelites left before the yeast was added to their dough.

God commanded that every year they are “to remember this day and celebrate it with a feast to the Lord.” (Exodus 12:14) This is what we continue to do today by keeping Passover and the Days of Unleavened Bread. During this time of year remember the Israelites and what God did for them. He helped them and never left them. Think about how God is always there for you and will never let you down.

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## Searching For Disciples

Jesus never stops looking for disciples. When Jesus walked the earth He found twelve men ready to be His disciples. They weren't super heroes, they were twelve regular guys. These twelve regular guys are in the puzzle below. Can you find them all? If you need a little help remembering their names check out Matthew 10:2-4.

J U D I S A M B R C D X O J  
A U E L I Y W S J S R Y H A  
M T D W M F I U I W W Y A M  
E A M A T T H E W M M I D E  
S P C T S S A U J Y O A A S  
P H I H D I Q Y E K J H A S  
R F E A J K S G E F L D S O  
O Y D W A T H C U D U R M W  
T W O A E J L O A J K E T O  
W E H E G O O C H R N W D F  
E I F L R H B H U N I P X A  
R E T E P V O N I S O O L L  
O J H A Y H Q R X U M A T P  
F F O O Z E I S C A Y W H H  
J K M O I V D L V O P O W A  
O P A R C G J T I G T O T E  
V L S P I C U D D P I U O U  
V A A P M S R A S O Y W D S

## Not Warm Yet? Do Something Inside!

If you're sitting around this month, and you find you have a little time on your hands, try some of these great activities. You won't believe how fast time flies when your having fun!

### *Masterpiece Modeling Clay*

1 c. flour                      1 Tbsp. salad oil  
1 c. water                     1/2 c. salt  
2 tsp. cream of tartar      food coloring

Mix all ingredients in a large saucepan. Stir over medium heat with a wooden spoon. Stir constantly. The mixture will be soupy for a few minutes. When it thickens, stir it into a ball, remove the pan from the heat and keep stirring. Place hot ball onto floured surface, and knead as it cools. Now create the next masterpiece of the world!

### *Wad War!*

Divide into 2 teams. Each team can have as few as 1 member, or as many as 3,726 (for a team this size you may want to rent a football field). Your artillery will be newspaper sheets crumpled into balls. Place a rope or tape across the floor in the center of a room. Each team gets on one side of the room. Set a timer for 3 minutes. On "go" each team begins throwing paper wads back and forth at the other team. When the timer goes off, the team with the least amount of wads on their side is the winner.

### *Foil Face Sculpting*

Get one large piece of foil. Carefully press it onto your face. Press in around your nose, lips, and eyes; then remove. Try doing this while you're making a goofy face and see how it turns out!

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