



The Christian Methodist Episcopal Church

Department of Christian Education

MAKING DISCIPLES through "events that FORM and TRANSFORM"

Sunday School Lessons Unit Three "What We Bring to God" December 2015



We are providing these notes from the Committee on Uniform Series that prepares associated Sunday School lesson outlines long in advance of their usage. Included in this Guide are thoughts that are reflected in the Lesson Development Guide for writers of Sunday school lessons and the recommended commentary of the Department of Christian Education, The New International Lesson Annual published by Abingdon Press Nashville, Tennessee.

The Winter Quarter's lessons are presented under the theme of "Sacred Gifts and Holy Gatherings." Unit one is entitled "What We Bring To God." The lessons during December like the lessons of the next two months focus on holy celebrations in the Jewish tradition. Jesus participates in some of these traditions of the faith.

Dr. Carmichael Crutchfield
General Secretary



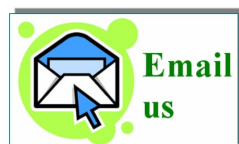
Some people have turned away from those traditions that provide firm underpinnings for their lives. How can they maintain spiritual stability in a rapidly changing world? Scripture informs them of a God who set aside the Sabbath as a day to remember and to recommit to holy living.

Goal for the Learners

- ✓ To explore the meaning of the Sabbath as expressed in Exodus.
- ✓ To recognize and appreciate the importance of Sabbath.
- ✓ To discover ways to practice Sabbath in the twenty-first century.

Lesson Challenges for the Week

- Make a special effort during this season of Advent to enjoy Sabbath rest as a means of preparing yourself to welcome Jesus.
- Read Abraham Joshua Heschel's classic, *The Sabbath*, to better understand this special day from the viewpoint of Judaism.
- Think about the rhythm of time of your own week. How does this ordering of time each day help you?



Send an email to:
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to receive this guide electronically each week.

