

A young child with dark, curly hair is sitting on a bed, looking out a large window. The child is wearing blue pajamas with a pattern of small white stars and moons. The bed has a white pillow and a patterned blanket. The window is framed by light-colored curtains and shows a bright, sunny day with green trees outside. The title 'The Day I Rest' is prominently displayed at the top of the image.

The Day I Rest

BOOK 2

ADVENTURES IN THE LIGHT SERIES

**The day Yahuah
made for rest, joy,
and remembering.**

Timothy Schwab | Anna Zamoranos

The Day I **Rest**

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BOOK 2
ADVENTURES
IN THE LIGHT
SERIES





*Parent Study Notes
In Back.*

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Library Of Congress Control Number: 1-15030559851
ISBN Number: 979-8-272-47097-3

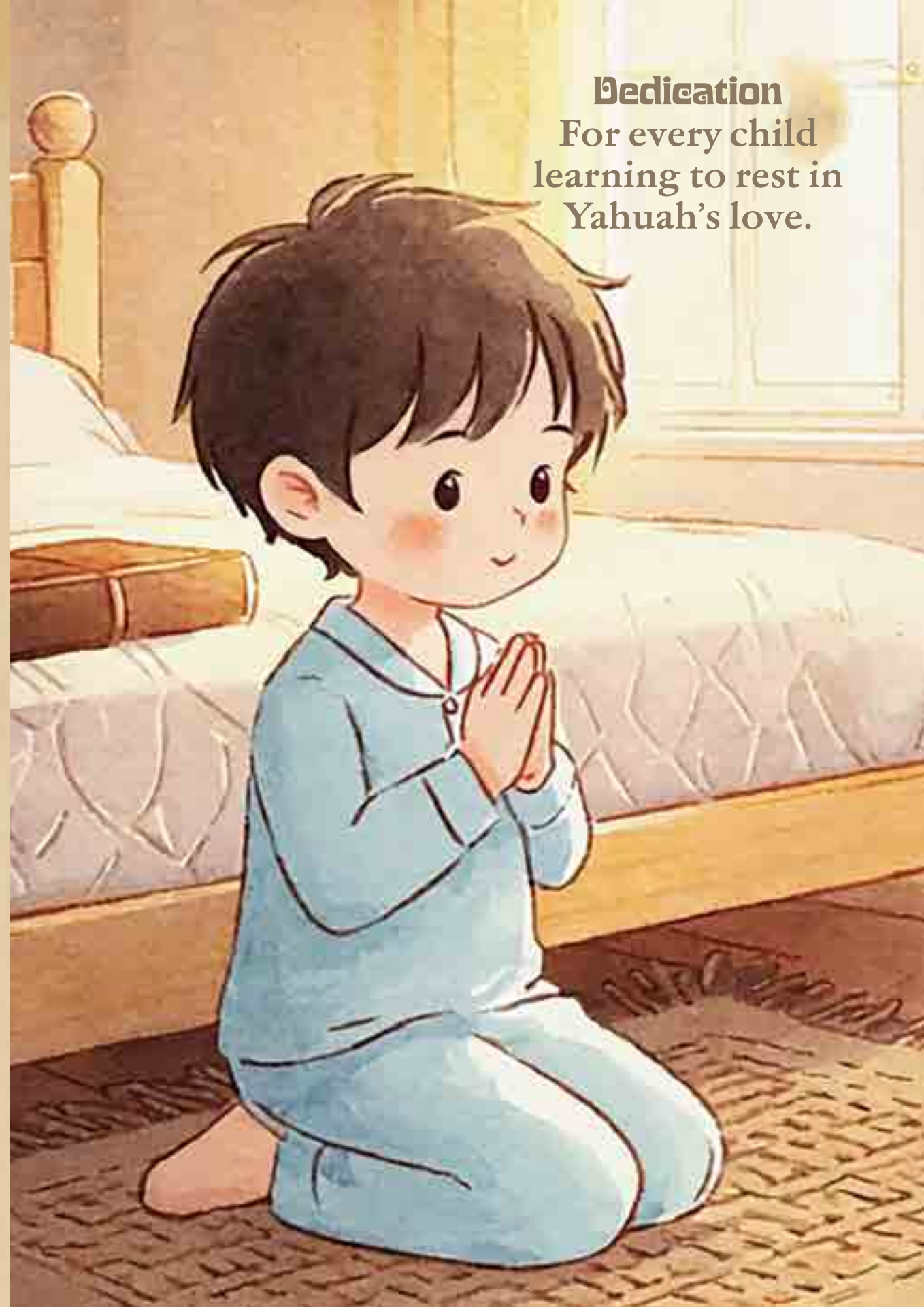
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Dedication
For every child
learning to rest in
Yahuah's love.



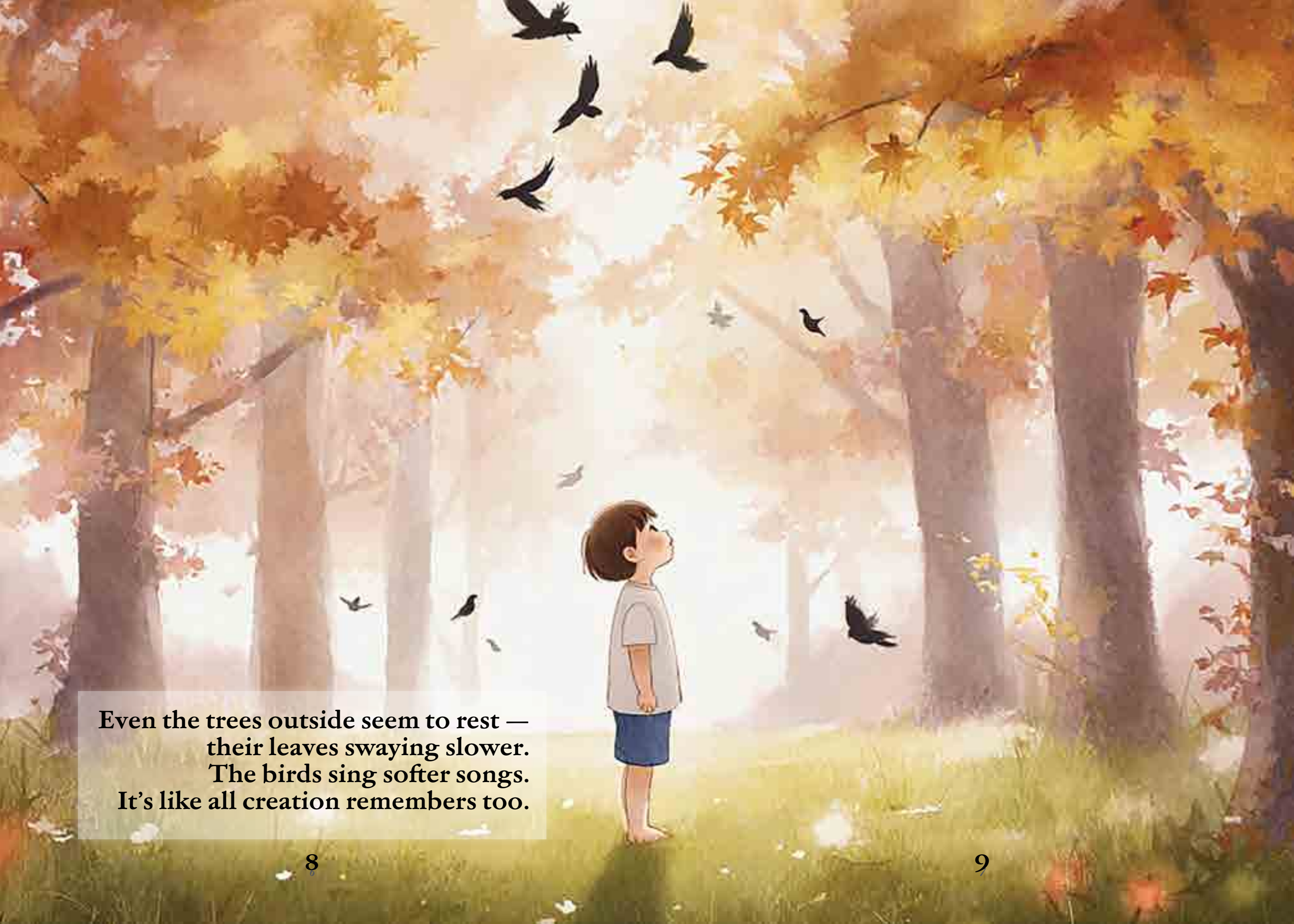
**“Today feels different,” I
whisper. “It’s the day I rest.”
No alarm clock, no rush —
just peace.**






**Grandma says Yahuah made
this day when He finished
creating everything.**

**He called it Sabbath — the
day He blessed.**

A young boy with short brown hair, wearing a light grey t-shirt and blue shorts, stands barefoot on a grassy field. He is looking up at several black birds flying in the sky. The background is a forest of tall trees with dense foliage in shades of yellow, orange, and red, suggesting autumn. The scene is bathed in a warm, golden light, creating a peaceful and contemplative atmosphere.

Even the trees outside seem to rest —
their leaves swaying slower.
The birds sing softer songs.
It's like all creation remembers too.

An artistic illustration of a family of four walking away from the viewer down a sun-dappled forest path. The father, on the left, wears a brown jacket and blue jeans, carrying a bag. The mother, on the right, wears a light blue jacket and blue jeans. They are holding hands with two young children, a girl in an orange shirt and a boy in a brown shirt. The path is lined with tall, slender trees, and the scene is bathed in warm, golden light, suggesting late afternoon or early morning. Long shadows are cast on the path ahead of them.

**Mom says Sabbath means to stop.
So we stop rushing, stop buying,
stop worrying.
We remember what Yahuah made —
and what He promised.**

When we light the lamp,
its glow feels like Yahuah's
smile.

I take a deep breath and
whisper, "Thank You for
this day."

We sing songs using His Name — Yahuah.
Our voices rise like the morning breeze.
Even the sky seems to join in.

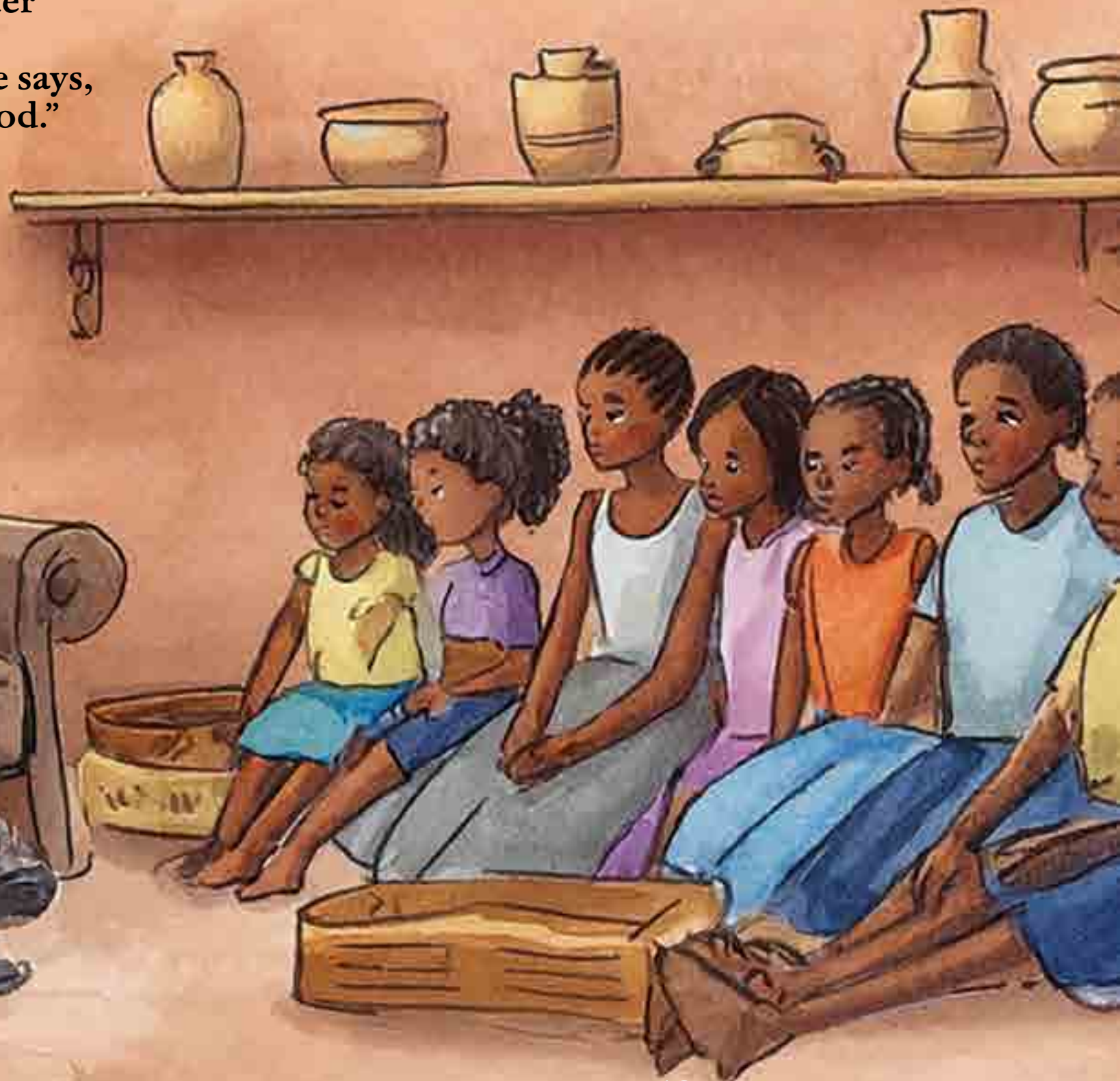


**We share bread, fruit, and
laughter from dishes prepared
the day before. We do not cook.**

**Dad says rest tastes sweet —
like honey and peace.**




**Grandpa opens the Scriptures.
He tells how Yahuah rested after
creating heaven and earth.
“Not because He was tired,” he says,
“but because His work was good.”**



**Sabbath is Yahuah's gift to everyone
— a day to breathe and be whole.**



A watercolor illustration of a young child with dark hair, wearing a blue shirt, sitting on a grassy field. The child is facing away from the viewer, looking up at a large, leafy tree on the right. Several monarch butterflies with orange and black wings are flying in the sky. The sky is a mix of light blue and white, suggesting clouds. The overall mood is peaceful and contemplative.


I sit under my favorite
tree and watch the
clouds drift by.

It feels like time slows
down, just for me and
Yahuah.

A watercolor illustration of a child with dark skin and hair in a bun, sitting on the grass at the base of a large, leafy tree. The child is looking upwards with their mouth open, as if singing. Numerous black musical notes of various shapes and sizes are floating in the air around the child. The background is a soft, pinkish-orange sky. The page number '24' is visible at the bottom left, and '25' is at the bottom right.

I hum a song I made myself:

“Yahuah, You made the world,
You made me too.
This is the day I rest with You.”

A watercolor illustration of three children in a grassy field. In the center, a child with short dark hair and rosy cheeks stands with arms slightly outstretched, looking up with an open mouth. To the left, another child with dark hair and rosy cheeks is shown from the side, looking towards the center. To the right, a third child with dark hair and rosy cheeks is also shown from the side, looking towards the center. Red petals are falling from above, creating a soft, dreamy atmosphere. The background is a light, hazy sky.

Sometimes my friends ask why
we don't play games or watch
shows today.

I tell them, "Because this day is
special—it belongs to Yahuah."



It's not just
about stopping.
It's about
smiling,
praying,
learning,
breathing, and
knowing I am
loved.

**When the first stars appear, I whisper,
“Thank You, Yahuah, for this day.”**

**But I know the rest in my heart never
ends.**

Even Creation Rests

“The heavens and the earth were finished... and Yahuah rested on the seventh day.” — Genesis 2:2-3

Did You Know? Creation Has Its Own Rhythm!

Scientists have found that animals — and even plants — follow a kind of seven-day rhythm! It's called a circaseptan cycle, which means “about a week.”

- Bees work and rest in weekly waves. After several busy days, their activity slows — like they take a pause!
- Birds and fish show weekly changes in energy, even when the light and temperature stay the same.
- Elephants often travel for six days and then stop to rest for one — keeping their herds together and calm.
- Humans also have seven-day cycles: our hearts, sleep, and healing patterns all move in “weeks.”

No one fully knows why — but the Bible tells us the Creator made the world in six days and then rested the seventh.

It's as if all creation still remembers the rhythm of His rest.

Can You Find Them All?

Point to:

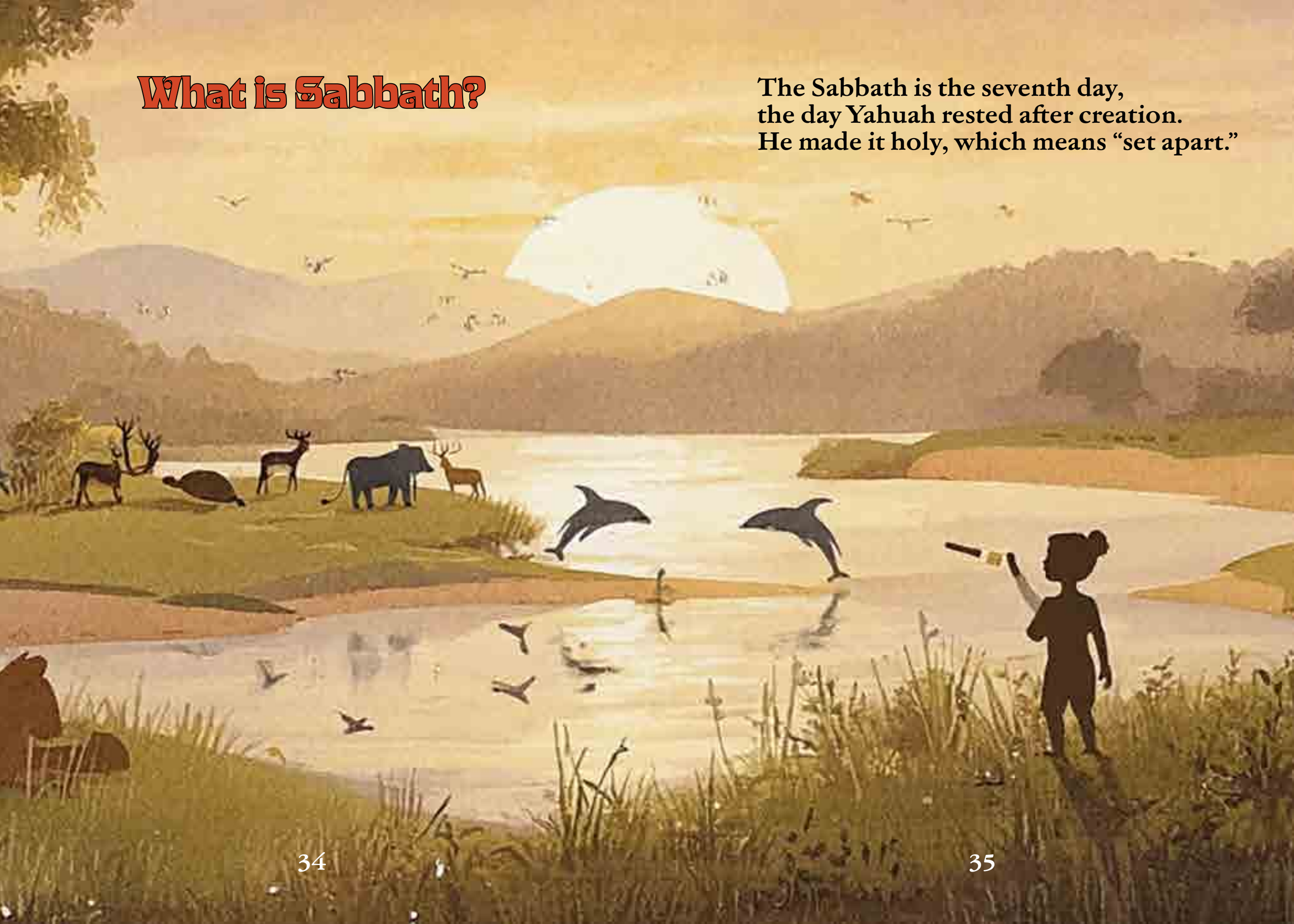
Lion
Bird

Elephant
Dolphin

Bee
Deer

What is Sabbath?

The Sabbath is the seventh day,
the day Yahuah rested after creation.
He made it holy, which means “set apart.”

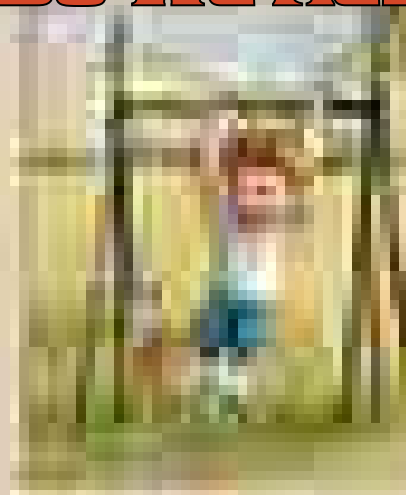


Why & When Do We Rest?



At work.

1



At work.

2



At work.

3

At work.



4

We rest because Yahuah rested.
We remember that He made us, loves us,
and will make the world new again.
I am not lazy. This is only for Saturday.



At work.

5



At work.

6



7

Sabbath Rest – Saturday.



How Can I Keep Sabbath?

Spend time with family.
Enjoy nature at rest.
Pray.
Study.
Sing.

Rest your body and your heart.
Refuel.

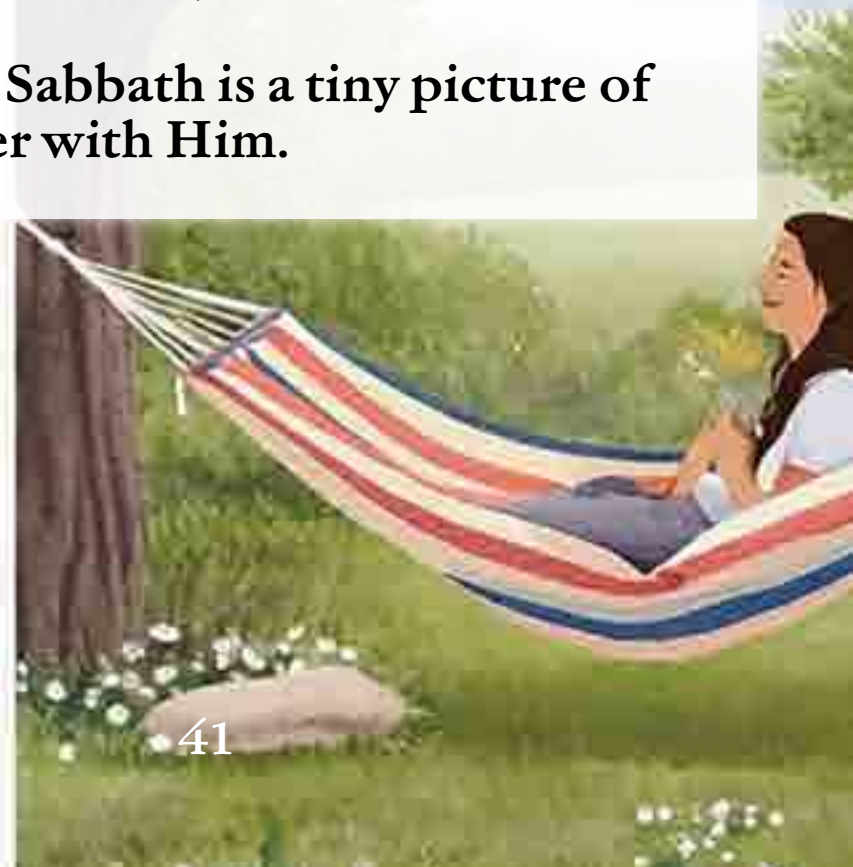




The Sabbath Promise

**Yahuah said, "My presence will go with you, and I will give you rest."
(Exodus 33:14)**

**Every Sabbath is a tiny picture of
forever with Him.**



A Blessing...

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

For my yoke is easy, and my burden is light.

At that time Jesus went on the sabbath day...”

(Matthew 11:28-12:1a; Interpreted by the highest scholar who wrote Hebrews 4:7-9)

On the Sabbath, Yahusha said, ““Come unto me... and I will give you rest.”

Every Sabbath is a taste of forever with Him. That’s why the Apostles kept it even after Yahusha went into Heaven. And... so do I.

PARENT STUDY NOTES:

Why Yahuah's Sabbath still stands.

The Weekly Sabbath was observed every Saturday by Yahusha, the Apostles, and the Early Church for generations. This was the Biblical practice all along. Hebrews 4 clarifies, after Yahusha's Ascension, it remains.

The Pattern of Creation

Genesis 2:1-3 – *“Thus the heavens and the earth were finished... and He rested on the seventh day and sanctified it.”*

Exodus 20:8-11 – *“Remember the Sabbath day, to keep it holy...” (4th Commandment)*

Hebrews 4 – (After Messiah's Ascension)

1 – *Entering Sabbath is promised. We are not to fall short.*

2 – *Sabbath is included in the Gospel.*

3, 10 – *Sabbath is the same since Creation.*

4 – *“For He (Yahusha) spake in a certain place of the seventh day on this wise...” (Interpreting Matt. 11:28-12:1)*

7 – *Sabbath is still Saturday (Sabado).*

6, 9, 11 – *Sabbath remains.*

6, 11 – *Sabbath is a sign of belief. (And the opposite is true..)*

2 Peter 3:3-9 – *Peter affirms Creation remains to the Day of Judgment. Sabbath is a Creation from the 7th Day.*

Key point: *The Sabbath is a creation ordinance, not a Mosaic invention. Creation did not pass away.*

Fun Fact (for parents): *The Hebrew word “sabbath” means to cease or to rest, not merely to relax — it is active holiness through completion.*

The Covenant Confirmed (For Gentiles Too)

Exodus 31:16-17 – *“It is a sign between Me and the children of Israel forever.”*

Isaiah 56:6-7 – *Foreigners who join themselves to Yahuah “keep the Sabbath” and are welcomed to His mountain. Gentiles were always part of the same covenant. (Ex. 20:8-10; Deut. 5:12-13; Isaiah 56:1-8; Lev. 16:29, 17:12, 19:34, Ex. 12:49; Num. 9:14, 15:26-29)*

Luke 4:16 – *Yahusha “as His custom was, went into the synagogue on the Sabbath day.” Paul's custom (Acts 17:2).*

Jeremiah 31:31-36 – *Clarifies the “new covenant” to come “I will put my law in their inward parts, and write it in their hearts...”. Israel was special because they were a covenant people. The Prophet says they will remain to the end, referring to Gentiles among them as well. This is affirmed in Romans 2 by Paul in detail.*

Isaiah 56:1-8 – *Addresses the “son of the stranger” as joining to Yahuah keeping the Sabbath in that age and the future. Calls breaking Sabbath “pollution”.*

Matthew 5:17-20 – *This same law was never changed but reinforced and reasserted by Yahusha who said: “Think not that I am come to abolish the law, or the prophets...” (Fulfill never means pass away)*

Key point: *The Sabbath is the eternal covenant sign of belonging to Yahuah's people (not a bloodline) — reaffirmed by Messiah. Heaven still keeps it and it cannot pass away.*

The Restoration of New Testament Truth

Matthew 12:8 – *“The Son of man is Lord even of the Sabbath.”*

Mark 2:27-28 – *“The Sabbath was made for man, not man for the Sabbath.”*

Acts 13:42-44; 16:13; 17:2 – *The apostles continued Sabbath gatherings including 85 consecutive Saturday Sabbaths by Paul recorded in the Book of Acts alone.*

A Shadow of the Future and Heaven Cannot Pass Away

Colossians 2:15-17 – *“Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath days:” Most doctrines of men forget to finish this sentence as written: “Which are a shadow of things to come; but the body is of Christ.”*

Hebrews 8:5 – *The Sabbath and Feasts “serve unto the example and shadow of heavenly things...” As long as Heaven is there as the origin still keeping Sabbath, the shadow on earth also stands. Thus, His Sabbath stands.*

Hebrews 10:1 – *Maintains the Sabbath is “a shadow of good things to come”. This shadow remains as Heaven does.*

Key point: *The Sabbath was never abolished — it was restored to its original meaning through Yahusha’s example.*

Archaeological Note: *Ancient calendars like the Enochian 364-day year confirm a consistent seven-day weekly cycle from creation.*

The Eternal Rest

Hebrews 4:9-11 – *“There remains therefore a rest [Greek sabbatismos] for the people of Elohim.” That is Sabbath! It remained in the first century after Messiah’s Ascension.*

Matthew 24: 20-21 – *“But pray ye that your flight be not in the winter, neither on the sabbath day: For then shall be great tribulation...” Sabbath has a specified distance and that practice remains in the Great Tribulation.*

Revelation 14:12 – *“Here is the patience of the saints: they keep the commandments of Elohim and the faith of Yahusha.” In an End Times context, Sabbath remains.*

Revelation 22:14 – *“Blessed are they that do his commandments...” After the Day of Judgment, the Sabbath continues as it is the 4th Commandment. All 10 were preached by Yahusha, the Apostles, and in the End Times.*

Isaiah 66:22-23 – *“From one Sabbath to another, all flesh shall come to worship before Me.” This is an End Times context and Sabbath is still there.*

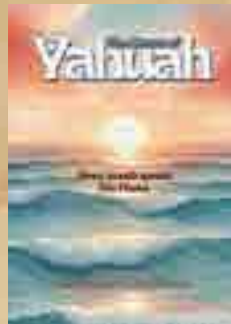
Sabbath is Forever – *Ex. 31:13, 16, Lev. 16:31, 24:8; Acts 2:1-4, 13:14-16, 13:42-44, 18:4, 1 Cor. 7:19, 11:1.*

Key point: *The Sabbath is prophetic — it points to the Kingdom Rest that will never end.*

Reflection for Parents:

The seventh day was never changed — only forgotten. But every Saturday sunrise still begins His rest.

Our First Childrens' Book Series:



BOOK 1
*Restore The
Holy Name of
Yahuah.*



BOOK 2
*His Sabbath
remains.*



BOOK 3
*Renew the
true meaning
and intent of
the Dead Sea
Scrolls.*

*Educational masterpieces.
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“Every week, I wait for the day that feels different.

It’s the day I rest.

Not because I have to, but because Yahuah rested first.”

The Day I Rest helps children discover the joy and peace of Yahuah’s Sabbath — a day to stop, breathe, and remember His love.



Restoring Ancient Roots. Rebuilding the Narrative.

Reviving a Generation. Isaiah 58:12.



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