



At-A-Glance: Ages 10-12
God of Wonders Part 2: Genesis - Joshua
Unit 5, Lesson 26

The Day of Rest

Lesson Aim: To challenge children
to remember the Sabbath day
by keeping it holy.

THE WELCOME

MEET & GREET: Where is your favorite place to rest?

GAME: What Am I?

THE WORSHIP THE GOD WHO CREATES

Read Worship Scripture: Psalm 23:1-3a

Sing songs and worship God.

Bless and collect the offering.

Perform Bible Barn script or read storybook.

THE WORD GOD RESTED ON THE SEVENTH DAY

Children sign note cards; place in Golden Bowl. Classroom Covenant.

Review: God made Adam and Eve and placed them in the Garden of Eden.

Today, we will find God rested after He created the heavens and the earth. Reveal Bible Story Scripture Reference: Genesis 2:1-3; Exodus 20:8-11. Find It First. Highlight Key Verse: Genesis 2:3. Pray. **Listen as we hear exactly what God did on the seventh day.** Read Genesis 2:1-3.

The Sabbath day is a day of rest. It is so important to God that He made a law about it. Let's read what He said in the fourth of the Ten Commandments. Read Exodus 20:8-11.

THE WAY KEEPING THE SABBATH DAY HOLY

What did God do when He blessed the seventh day? (He made it holy.) "Holy" means perfect. **Where do we find the original law about the Sabbath?** (See Ten Commandments in Exodus 20.)

What does the fourth commandment command us to do? (Remember the Sabbath day by keeping it holy.) **That means to set apart one day each week as a special day, resting from regular activities and thinking about who He is and what He has done. Is there a certain day each week when you worship God and rest from weekly activities? Why do you think God wants us to "remember the**

Sabbath?" What do you think it means to keep the Sabbath holy? One great way to keep your day of rest holy is to keep your mind focused on God. What do you do to focus on Him? Take time to notice the details of God's creation. Praise Him for all He has made. Ask God to use you and your family to care His creation.

What does the word "rest" mean to you? We may think it means to lie down or sleep, but it can also mean to take a break from what you do every day. Rest does not have to be boring. What are some things we can do on God's special day of rest?

CHRIST CONNECTION:

1500 years after God gave Moses the Ten Commandments, Jesus explained the law about the Sabbath, and He showed us how to keep it holy. Reveal Mark 2:23-3:6. Find It First. Highlight. Read.

The Bible tells us that on the Sabbath, Jesus always went to worship God in the synagogue. There He taught, healed people, and performed other miracles. The Pharisees wanted to arrest Jesus, so they accused Him of working on the Sabbath. They said He broke the fourth commandment. Read Mark 2:23-3:6.

What do you think Jesus meant when He said, "the Sabbath was made for man, not man for the Sabbath"? We keep the Sabbath day holy to be closer to God, not to follow strict rules. How did the Pharisees misunderstand the purpose of keeping the Sabbath?

If our attitude is not centered on God, then we have not kept the Sabbath, even if we have worshipped and rested. What habits can help you remember the Sabbath day and keep it holy?

THE GOLDEN BOWL: Pray for individuals. Pray the Lord's Prayer.

FINAL FIVE MINUTES:

- TREASURE TREAT: Creation Keepsakes: Praying Hands Card
- W³ BETWEEN THE LINES Journal Entry #26
- OFFERING OF ART: Your favorite thing to do on a day of rest
- PRAYER REQUESTS
- BIBLE MEMORY VERSE SONG

GOT TIME?

SNACK: Ice Cream Sundaes

GAMES: Creation Pictionary, Favorite Creation Games

CRAFTS: Rest and Think Journals, Creation Mural

DISCUSSION: Creation Care

BIBLE MEMORY VERSE ACTIVITIES: Bible Memory Verse Bop, Bible Memory Verse Wave

BIBLE TIMELINE REVIEW