







PONDER! On the seventh day, after creating the world, God rested. To rest means to stop working (Genesis 2:1-3). On our day of rest, we think about who God is and what He has done. Going to church, taking a walk, spending time with friends and family are ways of resting if the focus is on God. What is your family's favorite way to rest?

PRAY! Pray this prayer each day this week: "God, thank You for blessing the seventh day and making it holy. Show us how to rest from work and enjoy all that You have done. Amen."

PLAY! Set aside a day each week for God. Worship Him together that day. Brainstorm ways to make it a special day of rest and take time to think about God and all He has made and done.

BIBLE MEMORY VERSE

God created

the heavens

and the earth."

Genesis 1:1

"In the beginning Place the index finger of one hand between the fingers of the other hand and twist it.

Both fists make a twisting motion as they bounce on top of each other.

Begin with open hands raised in front of your body, palms facing each other. Hands move up in an arc toward each other and cross at the top, fingertips pointing upward and palms facing away from you.

Thumb and middle finger touch the top of the back of the other hand and rock back and forth. Hold hands open, as if holding a Bible.

GOW Ages 2-3 U5L26

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