



The Day of Rest

Lesson Aim: To know why God wants us to rest.

THE WORSHIP

Who God Is: The God Who Creates

THE WORD

Bible Story: Genesis 2:1-3

What He Has Done: After God worked, He rested.

BIBLE MEMORY VERSE

"In the beginning God created the heavens and the earth." Genesis 1:1

Unit 5: The God Who Creates			
	Bible Story	What He Has Done	Lesson Aim
22	Creating the World: Days 1 & 2, Genesis 1:1-8	God made the heavens and the earth.	To know God created the heavens and the earth.
23	Creating the World: Days 3 & 4, Genesis 1:9-19	God made the land, sea, sun, moon, stars, plants, trees, and flowers.	To know how God filled the heavens and the earth.
24	Creating the World: Days 5 & 6, Genesis 1:20-31	God made the birds, sea creatures, animals, creeping things, and people.	To know how God created the living creatures.
25	Adam and Eve in the Garden, Genesis 2:15-22	God made Adam and Eve and placed them in the garden.	To know God created us for relationships with Him and with one another.
26	The Day of Rest, Genesis 2:1-3	After God worked, He rested.	To know why God wants us to rest.

TEACHER'S ENCOURAGEMENT

This week, read Psalm 147:1-20. Please join us in praying, "Lord, thank You for the world You have created. Help the children understand how You want them to spend their day of rest. Amen."

TEACHER'S TIP

Nap Time? In today's lesson, we learn God rested on the seventh day. Did He wear Himself out? No. Did He need a nap? No. He wanted to remind us to take time to appreciate His creation, and to renew our mind, body, and soul. Today, honor God by remembering Him and all He has made.



THE WORSHIP THE WORD & THE WAY

Segment	Minutes	Activity	Supplies
THE WELCOME		Welcome	Treasure chest, stamp or sticker of a heart
		Coloring Center: The Day of Rest	Coloring pages of creation, crayons
		Play-Dough Center: What Did God Make?	Play-dough, cookie cutters, play-dough tools
		Activity Center: Happy Hearts	Large, laminated picture of a heart; 3 bean bags
		Activity Center: Creation Box	Creation Box (See supplies in THE WORD.)
		Preparing for Worship	None
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	Praise music, optional: musical instruments Unit 5 Bible Memory Verse Song: "In the Beginning" Other Bible Memory Verse Song Suggestions: "Be Still and Know" "Give Thanks to the Lord" "I Will Listen" "Let Everything That Has Breath" "Praise Time: Love the Lord Your God" "Sing Praises" Additional Song Suggestions: "This Is the Day"
		Offering	Baskets
		Worship Illustration	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: God of Wonders Unit 5, Lesson 26
THE WORD	Up to 10	Watch the Word: Genesis 2:1-3	Teacher's Bible with bookmark at Genesis 2:3 Visual: Picture of the Bible story, Creation Box (To be used for Unit 5. See THE WORD for more details.)
THE WAY	Up to 25	Craft: Creation Circle	Two paper plates, stickers (or precut shapes), label, paper fastener, crayons or markers (including black), glue (if needed)
		Game: Creation Circle Resting Game	"Creation Circle" crafts
		Game: Rest and Roll	Soft ball for rolling
		Snack: Creation Celebration	Favorite snack from the unit: fruit, fish or animal crackers, gummy worms, etc.
	Final 5	Final Five	Ponder, Pray & Play: Unit 5, Lesson 26
GOT TIME?	Up to 10	Say & Do: Genesis 1:1-31; 2:1-3, 15-22	None
	Up to 10	Game: In the Beginning	Beanbag, Unit 5 Bible Memory Verse Song "In the Beginning"
	Up to 10	Game: God Created	Unit 5 Bible Memory Verse Song "In the Beginning"
	Up to 10	Story Time	Any story about creation

RESOURCES: Supplemental materials are available at ResourceWell.org.



The God who creates **THE WELCOME**

WELCOME

Welcome each child as they arrive. **Hello _____.** I'm glad you are here! **Come open the Treasure Chest to find today's treasure.** Child unlocks the Treasure Chest to receive a stamp or sticker of heart. **Let this stamp (or sticker) of a heart remind you God rested after creating the world. He gave us a special day of rest for our hearts to feel God's love and to think about Him.**

Teacher's Note: These activity centers are designed to reinforce the lesson through hands-on learning experiences either individually or in small groups with the guidance of the teacher. Choose the Bible Activity Centers that best suit the children in your class. Set up the activity centers around the room before children arrive. Allow children to move freely among them.

COLORING CENTER: THE DAY OF REST

SUPPLIES

Coloring pages of creation, crayons

DO

Children color their pictures while talking about the story.

TALK ABOUT

How many days did it take for God to create the world. (Six.) Can you count with me? (One, two, three, four, five, six.) On day 7, God rested. God wants us to have a day of rest, too. To rest means to stop working. We can rest and thank God for making us and our beautiful world.

PLAY-DOUGH CENTER: WHAT DID GOD MAKE?

SUPPLIES

Play-dough, cookie cutters, play-dough tools

DO

Children make any of God's creations with the play-dough.

TALK ABOUT

In the beginning, there was nothing. There were no people, no animals, and no flowers; there was nothing. But, God was there and He wanted to make something wonderful. What are some of the things God made? (Children respond.) Let's see if we can make some of those things with play-dough.

THE WELCOME *continued...*

ACTIVITY CENTER: HAPPY HEARTS

SUPPLIES

Large, laminated picture of a heart; 3 bean bags

DO

Children toss the bean bags at the heart as they name things that make their hearts happy (e.g., friends, family, animals, flowers, sun, etc.)

TALK ABOUT

After He created the world, God rested. He didn't need a nap but He wanted to remind us to take a special day of rest for our hearts to take time to feel His love and to think about Him. Each time you toss a bean bag toward the heart, name something that makes your heart happy.

ACTIVITY CENTER: CREATION BOX

SUPPLIES

Creation Box (See supplies in THE WORD.)

DO

Look at the items in the Creation Box as you review the days of Creation.

TALK ABOUT

God created the world and everything in it in six days. On the seventh day, He rested. Let's look at what is in our Creation Box and see if we can remember what God did on each day.

Day 1: Light, day and night (flashlight)

Day 2: Water and sky (water bottle)

Day 3: Land, seas, plants, trees (toy or artificial tree or plant)

Day 4: Sun, moon, stars (foam sun, moon, stars)

Day 5: Birds, sea creatures (toy bird, toy fish)

Day 6: Animals, creeping things, and people (toy animal, toy person)

Day 7: God rested (small pillow or bean bag)

PREPARING FOR WORSHIP

Once the service has begun, clean up and begin the planned activities.

Let's sing the "Clean Up Song" as we put toys away. Praise any child who helps.

Clean up! Clean up! Everybody, everywhere!

Clean up! Clean up! Everybody do your share!

BIBLE MEMORY VERSE SIGN LANGUAGE

(For visual demonstrations, see www.signingsavvy.com)

"In the beginning God created the heavens and the earth." Genesis 1:1	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.
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The God who creates
THE WORSHIP

Supplies: Praise music, optional: musical instruments

Teacher Tip: To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play "Praise Time: Love the Lord Your God" as children move to that designated area.



Let's pray before we begin praise time. Have the children bow their heads and close their eyes. **Dear God, we praise You for who You are and everything You have done. Amen.**



We've been learning about how, in the beginning, God created the heavens and the earth. Can you say our Bible Memory Verse with me? Practice together a few times.

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

God created the heavens 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.

and the earth." Thumb and middle finger touch the top of the back of the other hand and rock back and forth.

Genesis 1:1 Hold hands open, as if holding a Bible.



Sing: "In the Beginning."

It took six days for God to create the light, sky, clouds, sun, moon, stars, animals that fly, animals that swim and the living creatures like pets, wild animals, and people like you and me! Finally, on the seventh day, when God had finished creating the world and saw that it was good, He rested. God wants us to have a day of rest, too. On our day of rest, we can praise God for all the things He has made. As we give our offering, let's take a moment and be still as we remember all that God has made. Sing: "Be Still and Know" as the offering is collected.



Let's see if our friends, Delbert and Lello, know what God did on the seventh day.

Perform *The Adventures of Delbert and Lello* puppet script or read storybook: God of Wonders Unit 5, Lesson 26.



God rested on the seventh day. He blessed that day and made it holy. That means He made it to be a very special day to honor Him. On the day of rest, we can gather together and praise God. Sing: "This Is the Day" or substitute "Be Still and Know."



God rested

THE WORD

Supplies: Teacher's Bible with bookmark at Genesis 2:3, picture of the Bible story, Creation Box (The box is used for Unit 5. In a box or bag, place a flashlight, small water bottle, toy tree or a small artificial plant, foam shapes (sun, moon and stars), toy fish, toy bird, toy animal, toy person, and small pillow or bean bag.)

Before we begin our Bible Time, let's say our Classroom Promise with the motions.

With my eyes on my teacher;	Point to eyes.
My mouth quiet as can be,	Place index finger over mouth as quiet sign.
I will listen to hear,	Cup hand around ear.
How God loves you and me.	Hug self, point to others, and then self.

Let's reach deep in our pockets and pull out our listening ears. Reach in your pocket and cup your hands behind your ears as if listening.

Set out the items from the Creation Box in order. **On the first six days of creation, God made all the things in the world. Let's review what He created on each day.** Point to each item as you review.

- Flashlight: First day of creation when God created day and night.
- Water: Second day—God separated the water and the sky.
- Plant (or tree): Third day—God made the land, seas, plants, and trees.
- Sun, moon, stars: Fourth day—God made the sun, moon, and stars.
- Toy fish, bird: Fifth day—God made birds, flying things, and fish.
- Toy animal, toy person: Sixth day—God made animals, creeping things, and people.

Point to the pillow (bean bag). **This pillow (or bean bag) reminds me of what God did on Day 7. Let's find out what that was.** Handle Bible as a special treasure, leaving it open to Genesis 2:3.



WATCH THE WORD: GENESIS 2:1-3

Read the story below or retell the passage in your own words. To illustrate the story, show a picture of the Bible story from a children's Bible, the coloring page, or other source.

- **On the first day, God said, "Let there be light!"**
- **On the second day, He made the sky above and the waters below.**
- **God saw it was good and He was right.**
- **On the third day, God made land and seas, plants and trees.**
- **On the fourth day, God put the sun in the sky with the moon and stars.**
- **God saw it was good and He was right.**
- **On the fifth day, God made birds, flying things, and fish.**
- **On the sixth day, God made wild animals, creeping things, woman, and man.**
- **God saw it was good and He was right.**
- **God's work was done, and on the seventh day He rested.**
- **He made the seventh day holy, after He had blessed it.**
- **God saw it was good and He was right.**

What did God do on the seventh day of the world He had made? (He rested.) What did He say about everything He created? (It was good.)



Our day of rest

THE WAY

Teacher Tip: Craft and games can be presented at the same time in different areas or one at a time depending on class size and teaching style.

CRAFT: CREATION CIRCLE

Purpose: To participate in active rest by creating a way to remember God's 7 days of creation.

Supplies: Two paper plates, stickers (or precut shapes), label, paper fastener, crayons or markers (including black), glue (if needed)

Prepare: Craft template available at ResourceWell.org or use the following instructions to design your own: Draw intersecting lines on a plate to divide the plate into eight equal wedge-shaped sections and number seven of the wedges with the numbers 1-7. Cut out 1 wedge shape from a second paper plate, leaving about ½-inch from the center so the plate can be attached with a paper fastener in the center to the first plate. Prepare the stickers (precut shapes may be substituted) and labels below or use the craft templates that are available at resourcewell.org.

Day 1 Wedge: White sticker (any shape) to cover part of the Day 1 wedge for "light."

Day 2 Wedge: Cloud sticker for "sky."

Day 3 Wedge: Flower sticker for "land."

Day 4 Wedge: Stars, sun, or moon sticker for "planets and stars."

Day 5 Wedge: Fish and/or bird sticker for "fish and birds."

Day 6 Wedge: Animal or people sticker for "animals and people."

Day 7 Wedge: Smiley face sticker for "happy rest."

Memory Verse Wedge: On a label, print: **"In the beginning God created the heavens and the earth." Genesis 1:1**

Each wedge stands for one of the seven days of the Creation Story. Let's talk about each day as we place the sticker of what was created on that day.

Directions:

1. Color the Day 1 wedge with a black marker or crayon.
2. Attach the white sticker (any shape) onto the Day 1 Wedge (light).
3. Attach the cloud sticker to the Day 2 Wedge (sky).
4. Attach the flower sticker to the Day 3 Wedge (plants).
5. Attach the star, moon, or sun sticker to the Day 4 Wedge (planets).
6. Attach the fish and/or bird sticker to the Day 5 Wedge (fish, birds).
7. Attach the animal or people sticker to the Day 6 Wedge (animals, people).
8. Attach the smiley face to the Day 7 Wedge (happy rest).
9. Attach the memory verse label in last wedge.
10. Place second plate on top.
11. A teacher or helper should attach the plates together at the center with the paper fastener.
12. Show children how to rotate the creation wheel and enjoy what God has created for us!

THE WAY *continued...*

GAME: CREATION CIRCLE RESTING GAME

Purpose: To remember God's seven days of creation.

Supplies: "Creation Circle" crafts

God's law says to take a day of rest each week, just as He did after He made the heavens and the earth. Rest means to stop doing work, but it doesn't have to be boring. Let's play a resting game where we take time to think about what God did in the beginning when He made the heavens and the earth.

Directions:

1. Each child holds their "Creation Circle" craft.
2. Teacher gives hints describing one of the creation stickers on their "Creation Circle."
Example:
"I'm thinking of something God made in the first seven days."
"It loves to swim."
"It lives in the sea."
"It has fins."
"It has a tail."
3. Children turn their "Creation Circles" to find the creation described in the hint.
4. Choose a child to share what he or she enjoys about that creation.
5. Repeat steps 2-4 choosing wedges in a random order until all seven days have been identified.

GAME: REST AND ROLL

Purpose: To remember God's seven days of creation.

Supplies: Soft ball for rolling

Directions:

1. Children and teacher sit in a circle on the floor.
2. Teacher holds the ball and says, "**Thank You God for making flowers.**"
3. Teacher rolls the ball to a child.
4. Child holds the ball and says, "**Thank You God for making name one of God's creations.**"
5. Child rolls ball across circle to next child.
6. Repeat steps 4-5 until each child has at least one turn.

THE WAY *continued...*

SNACK: CREATION CELEBRATION

Purpose: Children will celebrate all God has created.

Snack Suggestion: Favorite snack from the unit: fruit, fish or animal crackers, gummy worms, etc.

God made us to be friends with Him and friends with each other. Let's celebrate God's creation by enjoying this snack with our friends.

Directions:

1. Serve snack and drink.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or another familiar tune.
**God our Father, God our Father. Once again, once again,
Thank You for our blessings. Thank You for our blessings. Amen. Amen.**
3. Lead discussion below while children enjoy their snack.
 - **God wants us take a special day of rest each week. On our day of rest, we come to church and learn about God together. That gives rest to our hearts. What do you like most about going to church?** (Children respond.)
 - **One of the things we can do on our day of rest is to thank God for everything you see and hear. What can you thank God for today?** (Children respond.)
 - **CREATION CARE:** Think of ways you can recycle to protect God's creation. Save your used disposable cups, paper lunch bags, or paper towel rolls. Reuse them in future craft projects. Take a walk to see all God has made. As you walk, thank God for each thing He has created.



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

BIBLE MEMORY VERSE

Gather children in a circle sitting or standing and practice the words and motions.

"In the beginning	Place the index finger of one hand between the fingers of the other hand and twist it.
God created the heavens	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.
and the earth."	Thumb and middle finger touch the top of the back of the other hand and rock back and forth.
Genesis 1:1	Hold hands open, as if holding a Bible.

PRAY

Let's pray together. Say a closing prayer with the children.

PLAY

Allow children to play with selected toys or centers or choose a book to read to them.

DISMISSAL

Have children take home their coloring page, craft, and a copy of the Ponder, Pray & Play for 2-3's.



If time remains, choose from the connected activities below.

GOT TIME?

SAY & DO: GENESIS 1:1-31; 2:1-3, 15-22

Purpose: This pantomime version of the Bible Story helps children remember the story details.

Supplies: None

Directions: With each phrase, the teacher says the phrase and leads the children in doing the hand motions.

Teacher's Note: Pause before the phrase "God saw it was good and He was right" and have the children say it with you.

- **On the first day, God made light.** (Raise index finger, point to open eyes.)
- **On the second day, God made the sky.** (Raise 2 fingers. Point to sky.)
- **God saw it was good and He was right.** (Thumbs up and nod head.)

- **On the third day, God made land. seas, plants and trees.** (Raise 3 fingers. Make wave motions.)
- **On the fourth day, God made the sun, moon, and stars.** (Raise 4 fingers, wiggle fingers, as stars.)
- **God saw it was good and He was right.** (Thumbs up and nod head.)

- **On the fifth day, God made birds and fish.** (Raise 5 fingers, flap wings.)
- **On the sixth day, God made animals and people.** (Raise 6 fingers, pat chest.)
- **God saw it was good and He was right.** (Thumbs up and nod head.)

- **God's work was done, and on the seventh day He rested.** (Put head on hands.)
- **He made the seventh day holy, after He had blessed it.** (Raise 7 fingers.)
- **God saw it was good and He was right.** (Thumbs up and nod head.)



BIBLE MEMORY VERSE ACTIVITIES

"In the beginning God created the heavens and the earth." Genesis 1:1

GAME: IN THE BEGINNING

Purpose: To help children memorize and review the Unit 5 Bible Memory Verse.

Supplies: Beanbag, Unit 5 Bible Memory Verse Song "In the Beginning"

Directions:

1. Stand in a circle with the children.
2. **Our Bible Memory Verse says, "In the beginning God created the heavens and the earth." Let's tell each other some of the things God created.**
3. Toss the beanbag to one of the children in the circle. **Can you name something God created?**
Teacher Tip: Young children may respond better to more specific questions such as, "Can you name an animal God created?"
4. Child names one thing God created (trees, flowers, dogs, bugs, people).
5. Child tosses the beanbag to another child.
6. Repeat until each child has a turn.
7. At the end, sing the Unit 5 Memory Verse Song as children dance or march around the room.

GOT TIME? *continued...*

GAME: GOD CREATED

Purpose: To help children memorize and review the Unit 5 Bible Memory Verse.

Supplies: Unit 5 Bible Memory Verse Song "In the Beginning"

Who created the animals? (God.) Who created the plants? (God.) Who created the sun and the moon and the stars? (God.) Who created you? (God.) God created everything on earth and in heaven. Let's act out some of God's creations as we listen to our Bible Memory Verse Song.

Directions:

1. Choose one of God's creations which the children can act out (e.g. baby, Mom or Dad, monkey, dog, lion, stars (wiggling fingers), clouds (pretend to float), plants (pretend to grow into a flower or tree)).
2. Have children act out the creation you chose as they march around the room and you play "In the Beginning."
3. Have children take turns leading the group around the room. Give them an opportunity to choose the next creation the class will act out.



STORY TIME

Gather the children and read a favorite story. This can be a Bible Story, a chapter from *The Adventures of Delbert & Lello*, or a story about creation.

PONDER, PRAY & PLAY

Unit 5, Lesson 26: The Day of Rest

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

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

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

the heavens 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.

and the earth." Thumb and middle finger touch the top of the back of the other hand and rock back and forth.

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