



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.

THE WAY

Whisper Verse: "God rested."

BIBLE MEMORY VERSE

"In the beginning God created the heavens and the earth.
 And God said, 'Let there be light,' and there was light." Genesis 1:1, 3

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."



**THE WORSHIP
THE WORD &
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Treasure Chest	Treasure chest, stamp or sticker of a heart
		Whisper Verse	Sign language for "God rested."
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	Unit 5 Bible Memory Verse Song: "In the Beginning" Other Bible Memory Verse Song Suggestions: "Be Still and Know" "I Will Listen" "Let Everything That Has Breath" "Praise Time: Love the Lord Your God" "Sing Praises" Additional Hymn Suggestion: "He's Got the Whole World in His Hands"
		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: Basket filled with any visual props from Unit 5 (previous four weeks): flashlight, flippers or snorkel mask, toy stuffed animal, or a caged pet bird, garden trowel
THE WAY	Up to 25	Craft: Creation Circle	Two paper plates, stickers (or precut shapes), labels, paper fasteners, crayons or markers (including black), glue
		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.
	Circle of Prayer	None	
	Final 5	Final Five	Ponder, Pray & Play: Unit 5, Lesson 26 Color This Story: "The Day of Rest"
GOT TIME?	Up to 10	Say & Do: Genesis 2:1-3	None
	Up to 10	Game: Favorite Creation Games	Supplies will vary according to the specific game chosen.
	Up to 10	Game: In the Beginning	Beanbag, Unit 5 Bible Memory Verse Song "In the Beginning"
	Up to 10	Game: God's Creations	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.



God rested

THE 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 a 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. Today's Whisper Verse is "God rested."** Teach the Whisper Verse in spoken language and in sign language below. **We call it the Whisper Verse so you can whisper it to others.***

SIGN LANGUAGE: "God rested."

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

Each time we say today's Whisper Verse, let's say it with 2 hand motions:

- "God"** The hand is raised to the heavens and then downward in a sign of respect.
- "rested."** The hands cross and rest on the shoulders. The shoulders also drop to show a relaxed person.

Allow children to enjoy free play until everyone has arrived. **Let's sing the "Clean Up Song" as we put toys away before Praise Time.** Praise any child who helps. Allow several minutes for clean up.

**"Clean Up Song": Clean up! Clean up! Everybody, everywhere!
Clean up! Clean up! Everybody do your share!**

Gather and seat children in Praise Time area.

***Today's Whisper Verse:** "God rested," Genesis 2:2. The Whisper Verse is a tool to help the children learn a major point in the lesson. It is coupled with sign language or hand motions as a memory aid. The verse is not necessarily chosen from today's Bible story.



The God who creates **THE WORSHIP**

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.



It's Praise Time—our time to sing praise to God who created us. We've been learning about how God created the heavens and the earth. On the first day, God made light. Sing: “In the Beginning.”

On the second day, God made the sky and clouds. On the third day, He made the land and seas. On the fourth day, He made the sun, moon, and stars. On the fifth day, God filled the sea with fish and sea creatures and He filled the air with birds, butterflies, and other flying things. Then on the sixth day, He filled the land with living creatures like pets, wild animals, and people like you and me! Finally, on the seventh day, God had finished creating the world, so He rested. That is today's Whisper Verse. Let's say it together. Review the Whisper Verse together: “God rested.” Include sign language.

God rested. God wants us to rest one day each week. On that day, we think about who God is and what He has done. We gather to learn about Him, sing songs to Him, and to give our offering to Him. Let's do that now as we praise Him for taking care of the whole world He has made. Sing: “He's Got the Whole World in His Hands” or “Sing Praises” as the offering is collected.

God made an amazing world. Let's take a moment to be still and think about all God has made. Sing: “Be Still and Know.”



Let's see if our friends, Delbert and Lello, know what God did on the seventh day after He created the heavens and the earth. 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: “Let Everything That Has Breath.”



God rested

THE WORD

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

With my eyes on my teacher;
My mouth quiet as can be,
I will listen to hear,
How God loves you and me.

Point to eyes.
Place index finger over mouth as quiet sign.
Cup hand around ear.
Hug self, point to others, and then self.

Last time, we learned God made the first people—Adam and Eve. Today, we will hear what God did after He finished creating the world and everything in it. Let's open our Bible to the first book of the Bible, Genesis. Handle Bible as a special treasure, leaving it open to Genesis 2:3.

WATCH THE WORD: GENESIS 2:1-3

Read the points below or retell the passage in your own words using the points below as a general guide. To illustrate the story, use previous visual aids from Unit 5 (lessons 22-25): flashlight, flippers or snorkel mask, toy stuffed animal or a caged pet bird, and a garden trowel. Other visual options include the craft sample, Color This Story, or any related picture.

- On the first day, God made day and night.
- On the second day, He made the clouds and the sky.
- On the third day, God made the land and the seas.
- He filled them with plants and fruits and trees.

- On the fourth day, God put the sun in the sky,
- With the moon and stars so we'd know day from night.
- On the fifth day, God put creatures in the sea and air—
- Fish and birds and flying creatures everywhere!

- On the sixth day, God made creatures to live on the land—
- Wild animals, creeping things, woman, and man.
- God's work was done, and on the seventh day He rested.
- He made the seventh day holy after He had blessed it.

What did God create during the first six days of the world? (Light, day, night, sky, land, seas, plants, planets, birds, fish, animals, and people.)



What did God do on the seventh day of the world He had made? (He rested.) **Let's find our answer in the Bible.** Read Genesis 2:3 from the teacher's Bible. **Let's say our Whisper Verse together: "God rested."** Include sign language or hand motions.



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), labels, paper fasteners, crayons or markers (including black), glue

Prepare: Draw intersecting lines on a plate to divide the plate into eight equal wedge-shaped sections. Cut out 1 wedge shape from a second paper plate. Prepare the stickers (precut shapes may be substituted) and labels below.

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 shape 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 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. Use a paper fastener to attach the plates together at the center.
12. Spin 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 shares 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 a 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.

Directions:

1. Serve snack and drink.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or other 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.
 - **Who remembers the Whisper Verse?** ("God rested.") **Let's say it together. To rest means to stop working. God stopped working on the seventh day because He had finished creating the world.**
 - **God wants us take a special day of rest each week. On our day of rest, we think about who God is and what He has done. It is not meant to be boring. Whatever you do on your day of rest, keep God first in your thoughts. Thank Him for everything you see and hear throughout the day.**
 - **On our day of rest, we take time to 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.)
 - **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.



CIRCLE OF PRAYER

God made you and He cares for you. He loves to hear you pray with private words or words you say out loud. Let's fold our hands and close our eyes. As I lift up your name to God in heaven, I will lay my hand on your shoulder. Let's pray together.

Dear God, thank You for making us and loving us. We lift up to You a special prayer for ____, ____, ____ (read every name). We pray for our families and friends. Thank You for teaching us how to love one another. Amen.



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

COMPLETED CRAFT: Take home your "Creation Circle" craft. Use it to tell someone the story of creation.

PONDER, PRAY & PLAY: Distribute Ponder, Pray & Play cards if available. **Show this card to your family. Talk about ways to spend your day for rest.**

COLOR THIS STORY: "God Rested." Discuss the Bible story and play the Unit 5 Bible Memory Verse Song, "In the Beginning," as children color.



If time remains, choose from the connected activities below.

GOT TIME?

SAY & DO: GENESIS 2:1-3

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 acts it out with hand motions; then repeats the same phrase and motions with the children.

- **On the first day, God made day and night.** (Raise index finger, point to open eyes.)
- **On the second day, He made the clouds and the sky.** (Raise 2 fingers. Point to sky.)
- **On the third day, God made the land and the seas.** (Raise 3 fingers. Make wave motions.)
- **He filled them with plants and fruits and trees.** (Pretend to pick and eat an apple.)

- **On the fourth day, God put the sun in the sky** (Raise 4 fingers, point up, shield eyes.)
- **With the moon and stars so we'd know day from night.** (Wiggle fingers as twinkling stars.)
- **On the fifth day, God put creatures in the sea and air—** (Raise five fingers.)
- **Fish and birds and flying things everywhere!** (Flap wings.)

- **On the sixth day, God made creatures to live on the land—** (Raise 6 fingers.)
- **Wild animals, creeping things, woman, and man.** (Point to each other.)
- **God's work was done, so on the seventh day He rested.** (Whisper Verse sign language.)
- **He made the seventh day holy after He had blessed it.** (Raise 7 fingers, fold hands in prayer.)

GAME: FAVORITE CREATION GAMES

Purpose: Children's favorite games from Lessons 22-25 are played again as a means of review.

Supplies: Supplies will vary according to the specific game chosen.

To focus on who God is and what He has done is a great way to honor God on our day of rest. To do that, let's play one of the game(s) we've played as we've been learning about the six days of creation.

Directions: Choose a favorite game from Unit 5, Lessons 22-25.

- **Powerful Words** (Lesson 22): Children illustrate the power of God's Word by becoming a "living sculpture."
- **Pin the Fruit on the Tree** (Lesson 23): This version of Pin the Tail on the Donkey reminds children God made the fruit trees on the third day.
- **Monkey, Monkey, Where's Your Banana?** (Lesson 24): Children hide and find the banana to celebrate God's creativity in the way He designed the different creatures.
- **What's My Name** (Lesson 25): This version of charades celebrates Adam's naming of the animals.
- **Duck, Duck, Goose** (Lesson 25): This game of tag celebrates Adam's naming of the animals.

GOT TIME? *continued...*



BIBLE MEMORY VERSE ACTIVITIES

"In the beginning God created the heavens and the earth.
And God said, 'Let there be light,' and there was light." Genesis 1:1, 3

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. **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.
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 of the game, sing the Unit 5 Memory Verse Song.

GAME: GOD'S CREATIONS

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

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

Let's pretend we are some of the amazing creatures God has created.

Directions:

1. Children line up behind you.
2. As you play the Bible Memory Verse Song, lead the children in walking around the room as they act out your creation instructions. Instructions may be used more than once.
Examples:
"Let's creep like a quiet mouse." "Let's jump like a frog."
"Let's slither like a snake." "Let's grow from a seed to a beautiful flower."
"Let's wave our branches like a tree." "Let's shine bright like the sun."
"Let's roar like a lion." "Let's twinkle like the stars."
3. After a short time, have a helper pause the music. Stop and recite the Bible Memory Verse with the children.
4. When you begin the music again, choose another of God's creations to act out. Allow the children to take turns leading.

GOT TIME? *continued...*



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! Read Genesis 2:1-3 with your family. On the seventh day, after creating the world, God rested. To rest means to stop working. On our day of rest, we think about who God is and what He has done. Playing games, watching a movie, visiting together, or taking a walk can be 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! When God made the seventh day holy, He gave it a special godly purpose. Set aside a day each week to be given especially to 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.

Unit 5 Bible Memory Verse: Genesis 1:1, 3

"In the beginning God created the heavens and the earth.
And God said, 'Let there be light,' and there was light."