



At-A-Glance: Ages 6-7
God of Wonders Part 2: Genesis - Joshua
Unit 5, Lesson 26

The Day of Rest

Lesson Aim: To know God wants us to enjoy a day of rest.

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 that God rested after He finished creating the heavens and the earth. Reveal Bible Story Scripture Reference: Genesis 2:1-3. Pray. Read.

THE WAY GOD WANTS US TO REST

What did God do on the seventh day? (He rested.) **Why did He rest?** (He had finished His work in creating the world.) **God blessed the seventh day and made it holy. The word "holy" means perfect.**

God gave the seventh day a very special and perfect purpose. When He gave Moses the Ten Commandments, God commanded us to remember the Sabbath day by keeping it holy. He wants us to set apart one special day each week for resting and thinking about who He is and what He has done.

One great way to keep your day of rest holy is to keep your mind focused on God. Take time to notice the details of God's creation. Praise Him for all He has made. Thank Him for the ways He has cared for His creation since the very beginning. Think of your friends and family members whom He created. Ask God to use you

and your family to care for the living things He created. For more ideas, see CREATION CARE in the GOT TIME? segment of this lesson.

What does the word "rest" mean to you? To rest is to stop working, relax, and to build up new energy. Some ways to rest include worshiping God, playing together, taking a hike, reading a story, or praying. God blessed the seventh day and made it holy; that means to set it apart for Him. What can you do to set a day apart for God?

CHRIST CONNECTION:

Thousands of years after God blessed the Sabbath day and made it holy, Jesus told us how important rest is. Reveal Matthew 11:28-29. Read.

Your soul is the part of you that lives forever. Jesus is the only one who can give our souls rest. No matter how discouraged we are, praying to Jesus and following Him closely will give our souls strength and encouragement.

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

FINAL FIVE MINUTES:

- TREASURE TREAT: Creation Keepsakes: Praying Hands Card
- DAILY WAY CHALLENGE
- 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