



At-A-Glance: Ages 8-9  
God of Wonders Part 2: Genesis - Joshua  
Unit 5, Lesson 26

## The Day of Rest

Lesson Aim: To know why God wants us to rest on the Sabbath day.

### 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 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 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 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.) **What did God do when He blessed the seventh day?** (He made it holy.) **"Holy" means perfect.**

**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 to rest and think 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?**

**What does the word "rest" mean to you? Many times, we think it only means to lie down or sleep, but it can also mean to take a break from what we do every day. On God's special day, we can stop and think about Him as we rest from school, work, and things that worry us. Rest does not have to be boring. What are some things we can do on God's special day of rest?**

**Our day of rest gives us time to be thankful and to remember who God is and what He has done. It gives us time to learn more about God and who He has created us to be.**

**One great way to keep your day of rest holy is to keep your mind 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. Thank Him for the ways He has cared for His creation since the very beginning. Think of your friends and family members whom He has created. Ask God to use you and your family to care for His creation.** For more ideas, see CREATION CARE in the GOT TIME? segment.

### **CHRIST CONNECTION:**

**Thousands of years after God blessed the Sabbath day and made it holy, Jesus told us how important rest is for our bodies and souls.** Reveal Matthew 11:28-29. Find It First. Highlight. Read.

**Your soul is the part of you that lives forever. What does it mean to you to find rest for your soul? Only Jesus 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**