



# The Day of Rest

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

## THE WORSHIP

**Who God is:** The God Who Creates

## THE WORD

**Bible Story:** Genesis 2:1-3; Exodus 20:8-11

**What He has done:** God rested. He blessed the Sabbath day and made it holy.

**Key Verse:** Genesis 2:3

## THE WAY

**Christ Connection:** Matthew 11:28-29

## BIBLE MEMORY VERSE

"For You created my inmost being; You knit me together in my mother's womb.  
 I praise You because I am fearfully and wonderfully made;  
 Your works are wonderful, I know that full well." Psalm 139:13-14

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 created the heavens and the earth.	To learn how God created light and to explore the spiritual meaning of light and darkness.
23	Creating the World: Days 3 & 4, Genesis 1:9-19	God made the land, the sea, the plants, and the stars.	To see God's purposefulness in the way He filled the heavens and the earth, and to explore our response to His creation.
24	Creating the World: Days 5 & 6, Genesis 1:20, 24-31	God made the creatures of the air, sea, and land.	To appreciate God's unlimited creativity and attention to detail in the creation of all living things.
25	Adam and Eve in the Garden, Genesis 2:15-24	God made Adam and Eve and placed them in the Garden of Eden.	To see God created us for specific relationships with Himself and others.
26	The Day of Rest, Genesis 2:1-3; Exodus 20:8-11	God rested. He blessed the Sabbath day and made it holy.	To know why God wants us to rest on the Sabbath day.

## 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	<b>Meet &amp; Greet</b>	None
		<b>Game: What Am I?</b>	Slips of paper (one per child), tape, marker
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org	<b>Unit 5 Bible Memory Verse Song:</b> "I Praise You" <b>Other Bible Memory Verse Song Suggestions:</b> "For by Him" "In the Beginning" <b>Additional Hymn Suggestions:</b> "This Is My Father's World" "For the Beauty of the Earth" <b>Additional Song Collection Suggestions:</b> Shout Praises! Kids Gospel Songs 4 Worship KIDS - Awesome God
		<b>Worship Scripture Reading:</b> Psalm 23:1-3a	Bible
		<b>Offering</b>	Baskets
		<b>Worship Illustration</b>	Lesson 26 Bible Barn script or storybook
THE WORD	Up to 10	<b>Read the Word:</b> Genesis 2:1-3; Exodus 20:8-11	Bibles, Bible Story Scripture reference poster, highlighters
THE WAY	Up to 25	<b>Discussion</b>	Bibles, Christ Connection Scripture reference poster, highlighters
		<b>Christ Connection:</b> Matthew 11:28-29	
		<b>Golden Bowl</b>	Golden Bowl, pencils, note cards
	Final 5	<b>Final Five Minutes</b>	Treasure Treat—Creation Keepsake: Praying Hands Card, Daily Ways, basket, paper, pencils, crayons or markers, Unit 5 Bible Memory Verse Song "I Praise You," CD player
GOT TIME?	Up to 10	<b>Snack:</b> Ice Cream Sundaes	Ice cream and toppings (e.g., brownies, cherries, chocolate or strawberry syrup) or any special treat
	Up to 10	<b>Game:</b> Creation Pictionary	2 small baskets, several large sheets of paper or 2 whiteboards, slips of paper, 2 markers
	Up to 10	<b>Game:</b> Favorite Creation Games	Supplies will vary according to the specific game chosen.
	Up to 10	<b>Craft:</b> Rest and Think Journals	2 sheets of unlined paper, several sheets of lined notebook paper, hole punch, yarn, 1 tree leaf per child, pens or pencils, crayons
	Up to 10	<b>Craft:</b> Creation Mural	Large sheets of paper or poster board, crayons or markers
	Up to 10	<b>Discussion:</b> Creation Care	Will be determined by the activity you choose
	Up to 10	<b>Bible Memory Verse Activity:</b> Bible Memory Verse Bop	Inflated (non-helium) balloon, Unit 5 Bible Memory Verse poster
	Up to 5	<b>Bible Memory Verse Activity:</b> Bible Memory Verse Wave	None
	Up to 5	<b>Bible Timeline Review</b>	Timeline

**RESOURCES:** Supplemental materials are available at ResourceWell.org.



Getting started

## THE WELCOME

To spark anticipation, encourage arriving children to meet and greet one another with today's question.  
**Meet & Greet Question: Where is your favorite place to rest?**

### **GAME: WHAT AM I?**

**Purpose:** To appreciate God's creation.

**Supplies:** Slips of paper (one per child), tape, marker.

**Prepare:** Print the names of several of God's creations each on a separate slip of paper. Examples include light, sky, water, tree, flower, sun, moon, stars, bird, fish, lion, dog, Adam, and Eve.

**Today, we are remembering God's amazing creation of the world. To help us remember what God created, let's play a game. Each slip of paper lists the name of one of God's creations. I will tape a slip of paper on each person's back. You are to guess what you are by asking each other questions which have a yes or no answer such as "Am I a plant?" "Do I live in water?" "Was I made on the fourth day?" When you correctly guess what you are, sit down. Let's see how quickly we can all discover which of God's creations we are.**

#### **Directions:**

1. Tape a slip of paper onto the back of each child.
2. On your signal, the children are to ask each other yes or no questions to guess what they are.
3. When a child guesses correctly, he or she sits down. He or she may continue to answer questions for other children.
4. The game is over when all the children are seated.



## 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 music as children move to the designated area.

**Welcome! Today, we praise the God who created and filled the heavens and the earth in just six days. On the seventh day, He rested and looked at all He had made.**



**Let's celebrate our holy day of rest by thinking about all the things God created in those six days. As we collect today's offering, let's praise God and ask Him to show us how He wants each of us to spend our day of rest.** Sing: "For the Beauty of the Earth" while the offering is collected.

Sing Unit 5 Bible Memory Verse Song: "I Praise You."

You may choose to sing songs that focus on God our Creator or on the creatures and people He made.



Read Psalm 23:1-3a.



Perform Bible Barn script or read storybook: God of Wonders Unit 5, Lesson 26.



God rested on the seventh day

## THE WORD

**Teacher Tip:** As you move from worship to instruction, change rooms or locations within a room to help redirect the children's focus to the Bible story. During this transition time, have each child write his or her name on a card and place it in the Golden Bowl.

**Before we read God's Word, let's go over our Class Covenant. A covenant is an agreement. Just as God made a covenant with His people, I ask each of you to make this covenant promise with me today. Listen as I read our Class Covenant: "I will keep my eyes on my teacher, my mouth in control, my ears on God's Word; knowing God is my goal."**

**Last time, we discovered God created Adam and Eve and gave them the job of working together to care for the Garden of Eden. Today, we will find that God rested after He created the heavens and the earth.**



**Let's play Find It First! Bring out your Bible; keep it right in front of you.** Hand out spare Bibles. **Today's Scripture verse is behind the curtain** (or secret door, secret window, etc.). Child reveals the Bible Story Scripture reference: Genesis 2:1-3; Exodus 20:8-11. **Let's see who can Find It First. Ready? Set? Go!** Children race to find it first. The winner helps others find it. **Let's highlight our Key Verse: Genesis 2:3.**

**Before we read, let's stand and ask God to open our eyes, ears, hearts, and minds to His Word today. Who would like to pray that for us?** Child prays aloud. **Be seated.**

**Listen as we hear exactly 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.



God wants us to rest

## THE WAY

**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?** (Children respond.)

**What does the word “rest” mean to you?** (Children respond.) **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?** (Spend time with family and friends at home and church, think about what we know God has done in the past week, think about God, read the Bible, take a walk, sing or listen to worship music.)

**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 focused on God. What do you do to focus on Him?** (Children respond.) **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 of this lesson.



Connecting the Old Testament, the New Testament, and Us

## 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.**



***FIND IT FIRST*** > Everyone, place your Bible closed on your lap. Choose a child to reveal the Christ Connection Scripture reference: Matthew 11:28-29. **Let’s see who can Find It First! Ready? Set? Go! Find it and highlight it.** Read Matthew 11:28-29.

**Your soul is the part of you that lives forever. What does it mean to you to find rest for your soul?** (Children respond.) **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 WAY *continued...*



Revelation 5:8

## GOLDEN BOWL

**Teacher Tip:** Write the names of classmates, local church leaders, and children in other nations or others who need prayer on small pieces of paper. Place the papers in a golden bowl.

**Revelation 5:8 says our prayers are like sweet smelling incense in the golden bowls at God's throne. I will lift each one of your names to God's throne as you pray for each person silently. Then, we will pray the Lord's Prayer (Matthew 6:9-13) aloud together. Let's pray.**

**Lord God, we lift up to Your throne the name of each child here. We trust You to watch over us and our needs, the ones we say aloud and the ones hidden in our hearts. First, we lift up to You \_\_\_\_, \_\_\_\_, \_\_\_\_. Read names in Golden Bowl.**

**Now, we pray the prayer Your Son taught us: Our Father, who art in heaven, hallowed be Your name. Your kingdom come, Your will be done on earth as it is in heaven. Give us this day our daily bread. Forgive us our sins, as we forgive those who sin against us. And lead us not into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.**



When only 5 minutes remain, begin this segment.

## FINAL FIVE MINUTES

**TREASURE TREAT:** Today, your Treasure Treat is a Creation Keepsake. Let this "Praying Hands" Card remind you God rested on the seventh day. At home, place it in your Creation Keeper (any container used to hold your Creation Keepsakes as symbols of what God created each day).

**DAILY WAY CHALLENGE:** Did anyone bring in a completed Daily Way from last time? Praise or reward those who return a Daily Way. Distribute Lesson 26 Daily Way 5-day Bible study. Complete this week's Daily Way at home and let God speak to you through His own words in the Bible. Join the Daily Way Challenge by returning your completed Daily Way.

**Teacher Tip:** Collect Daily Ways in a basket or other container and periodically reward children as a group for completing the challenge.

**OFFERING OF ART:** Until it is time to be dismissed, let's make an Offering of Art. For your offering, draw a picture of your favorite thing to do on a day of rest. The Offering of Art can be finished at home or given as an offering for the teacher to display.

**PRAYER REQUESTS:** As children work on their Offering of Art, ask how you can pray for them this week. Write requests in a prayer notebook.

**BIBLE MEMORY VERSE SONG:** Play the Unit 5 Bible Memory Verse Song, "I Praise You," in the background as children wait to be dismissed.



If time remains, choose from the connected activities below.

## **GOT TIME?**

### **SNACK: ICE CREAM SUNDAES**

**Purpose:** To appreciate and celebrate the seventh day by enjoying a special treat.

**Snack Suggestion:** Ice cream and toppings (e.g., brownies, cherries, chocolate or strawberry syrup) or any special treat

**Creation Care Tip:** If possible, replace paper supplies with reusable or recyclable supplies.

**God rested after He finished creating the world and everything in it. He wants us to rest, too. As we rest and enjoy this special treat, we can think about all God has created and celebrate His creation.**

#### **Directions:**

1. Ask a child to pray and thank God for the snack.
2. Put one scoop of ice cream in a bowl for each child. Let them add the toppings.
3. Ask the Snack Discussion Question: **What are some of your favorite things to do while honoring the Sabbath?**

### **GAME: CREATION Pictionary**

**Purpose:** To appreciate God's creation.

**Supplies:** 2 small baskets, several large sheets of paper or 2 whiteboards, slips of paper, 2 markers

**Prepare:** On slips of paper, print two sets of the names of many of God's creations such as light, sky, water, tree, flower, sun, moon, stars, bird, fish, lion, dog, Adam. Place one set in each basket.

**On the seventh day, God rested from all His work in creating the world. God wants us to rest, too. As part of our time of rest, let's enjoy this game and remember what God created in the first six days before He rested.**

#### **Directions:**

1. Set-up each team's paper or whiteboard on an easel or attach to the wall. Place each team's basket of creation names nearby.
2. Form two teams. They do not need to have the same number of children.
3. Assign an older child or helper to each team to assist younger children in reading the names and to supervise play.
4. Within each team, give each child a number from one to the number of children on the team.
5. Each team sits in front of their drawing board or paper and basket of creation names.
6. On your signal, player #1 on each team takes a paper from the basket and reads it silently. They then race to draw a picture of the creation listed on their slip of paper. Players may not draw any letters or numbers.
7. Each player's team must make guesses until they correctly identify the creation.
8. The next player repeats steps 6-7 until all the creatures in their basket are guessed correctly.

**Variation:** Only one child draws the creation while both teams try to guess. Each correct guess earns a point. The goal is to be the team with the most points at the end of the game.



# GOT TIME? *continued...*

## **GAME: FAVORITE CREATION GAMES**

**Purpose:** Children's favorite games from Lessons 22-25 are played again as a means of reviewing the six days of creation.

**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 our favorite game(s) from our lessons about the six days of creation.**

Choose a favorite game from Unit 5, Lessons 22-25 such as:

- **Up in the Air (Lesson 22):** Children play a balloon game using the air God created.
- **Water Wonders Relay Race (Lesson 23):** With water, children celebrate how God made the land and the seas.
- **Four Creatures (Lesson 24):** In this version of Four Corners, children remember four creatures God made.
- **Human Knot (Lesson 25):** Children remember God made us for each other, as they create a human knot and then untangle it.

## **CRAFT: REST AND THINK JOURNALS**

**Purpose:** Children create a journal to reflect on God and His creation during times of rest.

**Supplies:** 2 sheets of unlined paper, several sheets of lined notebook paper, hole punch, yarn, 1 tree leaf per child, pens or pencils, crayons

**Prepare:** Cut three 12-inch yarn pieces. You may wish to pre-punch the holes in the journals for the younger children.

**Today, we learned God rested after creating the world. He wants us to honor Him on the Sabbath by resting and thinking about Him and all He has done. Sometimes it helps to write or draw what we are thinking. Let's make journals to write or draw about God. You may want to take a walk when you get home and write about what you see that God created.**

### **Directions:**

1. Give each child two sheets of unlined paper.
2. Children will need to remove the paper wrapper from a crayon to use for a crayon rubbing.
3. Create crayon rubbings on both sheets of the unlined paper by placing a leaf under the paper and rubbing the side of the crayon on the top of the paper so the image of the leaf appears.
4. Give each child several sheets of lined paper.
5. Children place the lined paper between the unlined paper to create a book.
6. Use a hole punch to make three holes (top, middle, and bottom) along the left side of the book.
7. Thread a piece of yarn through each hole and tie a bow.
8. Decorate the cover with crayons.

# GOT TIME? *continued...*

## **CRAFT: CREATION MURAL**

**Purpose:** To illustrate the creation story.

**Supplies:** Large sheets of paper or poster board, crayons or markers

**Teacher Tip:** This mural is designed to be used in Lessons 22-26. Divide a long piece of banner paper into 7 sections or use 7 large pieces of paper. Display it in your classroom.

**As we have learned about each part of the heavens and earth God created, we have added to our creation mural. Last time, we added a drawing of the beautiful Garden of Eden. Today, we will finish our mural by writing the number '7' and drawing a picture that includes everything God created—the sky, grass, trees, the sun, fish, birds, animals, and people.** Children may choose to draw their favorite part of creation, or the teacher may assign various creation elements to different children.

## **DISCUSSION: CREATION CARE**

**Purpose:** To explore ways to enjoy God's creation.

**Supplies:** Will be determined by the activity you choose

**Prepare:** Research information on parks, recreation, and other local leisure activities in which the focus is enjoying creation.

**Today, we learned God rested after creating the heavens and earth and all that is in them. He may have wanted to stop to look and enjoy all He had made. He made His day of rest a holy (perfect) day for us to spend time resting and thinking about Him. Let's do that today by looking at what God created to help us think about Him.**

**Did You Know?** Share some of the simple facts you discovered about ways to enjoy creation.

**What Can I Do?** Lead children in discussing easy ways they can help others appreciate God's creation. Be sure to share the opportunities to help that you discovered in your research.

Examples:

- Go outside and take a walk together as a class. Ask children to point out different parts of God's creation as they see it. Together, thank God for each thing you see.
- Discuss opportunities to enjoy the following activities: Camping, hiking, swimming, riding a bicycle, flying a kite, swinging on a swing set, or counting clouds.

**Where Can I Go For More?** Encourage children to take the same type of walk with their families and to thank God for His creation. Encourage children to seek activities in which the family can appreciate God's creation together.

# GOT TIME? *continued...*



## **BIBLE MEMORY VERSE ACTIVITIES**

“For You created my inmost being; You knit me together in my mother's womb.  
I praise You because I am fearfully and wonderfully made;  
Your works are wonderful, I know that full well.” Psalm 139:13-14

### **GAME: BIBLE MEMORY VERSE BOP**

**Purpose:** Children will memorize the Unit 5 Bible Memory Verse: Psalm 139:13-14.

**Supplies:** Inflated (non-helium) balloon, Unit 5 Bible Memory Verse poster

**Prepare:** Display the Unit 5 Bible Memory Verse poster.

**Teacher Tip:** Children may help each other remember the words so the balloon never falls.

#### **Directions:**

1. Children stand in a circle.
2. Repeat the Bible Memory Verse several times together.
3. Start by tossing the balloon into the air while reciting the first three words of the Bible Memory Verse: “For You created.”
4. Each child who “bops” the balloon must say the next three words of the Bible Memory Verse.
5. Continue until the Bible Memory Verse is complete.
6. Play several times.

**Competitive Version:** Form two teams in two separate circles. The first team to complete the Bible Memory Verse without the balloon touching the ground wins.

**Timed Version:** Time children as they play. Challenge children to get a faster time each round.

### **GAME: BIBLE MEMORY VERSE WAVE**

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

**Supplies:** Unit 5 Bible Memory Verse poster or Bible

#### **Directions:**

1. Assign one phrase from Psalm 139:13-14 to each child or group.
2. Direct each child or group to quickly stand, say the assigned phrase while raising both hands up to the sky and down to the thighs, and then sit down.
3. Repeat three times, faster each time.

# GOT TIME? *continued...*



## BIBLE TIMELINE REVIEW

God of Wonders Part Two studies the miracles and stories of the Bible from Genesis through Joshua. Review recent Bible stories to see the continuing story of who God is and what He has done.

**Creation: What did God create on the first day?** (Light, day, night.) **What did He create on the second day?** (Sky, the air above the water.) **What did God create on the third day?** (The land, seas, seed-bearing plants, and fruit trees.) **What did God create on the fourth day?** (Sun, moon, and stars.) **What did God create on the fifth day?** (Birds and sea creatures.) **What did God create on the sixth day?** (All the creatures of the land and people.) **What did God tell us to do with fish, birds and creatures that move along the ground?** (To rule over them.) **What food did God give to every living thing?** (Green plants.)

**What were two of the jobs God gave to Adam?** (To care for the garden and to name the animals.) **How did God form the woman?** (He put Adam to sleep and created her from one of Adam's ribs.)

**What did God do on the seventh day?** (He rested, blessed the seventh day, and made it holy.) **How can we keep our Sabbath day (weekly day of rest) holy?** (Children respond.)

### How to create a Bible Timeline from Genesis through Joshua:

1. Print each scroll on sturdy paper.
2. Choose a wall or other visible location to display the timeline.
3. Before each lesson, add the scroll for that lesson to the Bible Timeline using the list below. Add the two Unit 10 cards for God of Wonders Advent: Lessons 48-52.
4. To review the Bible Timeline, ask the corresponding questions as you point to the associated scroll.

Genesis through Joshua: Creation > Adam and Eve > Cain and Abel > Noah (Circa 2350 B.C.) > Tower of Babel > Abram (Circa 2100 B.C.) > Hagar and Ishmael (Circa 2065 B.C.) > Abraham and Isaac (Circa 2050 B.C.) > Isaac and Rebekah > Jacob and Esau (Circa 1900 B.C.) > Joseph (Circa 1850 B.C.) > Moses (Circa 1500 B.C.) > Joshua (Circa 1450 B.C.)

**Unit 10**: John the Baptist (Circa 7-2 B.C.) > Jesus on Earth (Circa 2 B.C.-33 A.D.)