

Lesson 13

Day 7 – God Rested

Objective

Students will understand that God rested on Day 7 (Genesis 2:1-3) and that it is important for us to rest once our work is done.

Supplies

Teachers and/or Coordinators ensure supplies are ready prior to each class.

Print from the Site:

- Creation Word Search – one per student

Items to Bring from Previous Lesson Plan:

- Attendance Chart
- Stickers (for attendance)
- Teacher Creation Book (from lesson 1)
- Creation Board Game (from lesson 4) or if you didn't prepare – print on white cardstock paper and cut out two sets for class to share.

Other Items to Bring:

- Bible (Yours and enough for each student to have one)
- Pens/Pencils/Crayons/Pencil Crayons
- Popcorn in paper bags – one bag for each student
- Game pieces – one for each student (Could be pennies, candies, buttons)
- Dice – one per board game

Optional Supplies:

- Snack – Popcorn in paper bags – see above
- Blanket and pillows – if you want them to really enjoy their time of “rest”
- Stickers or candy prizes for Creation Game – one for each student

Teacher Tips:

- ★ See Lesson Plan 1 for tips on how to keep the classroom engaged.

1) Introduction to Lesson

10 minutes

As students enter, welcome them and help find a chair to sit at. Thank them for coming. Take attendance (using attendance chart supplied). Hand out a Bible to each student.

Start by saying, **“Is there something special all kids in school look forward to this time of year? What is it? Summer vacation! What do you usually do on summer vacation (fun stuff, video games, vacations, hang out, RELAX and REST from a year of hard work from school!) Most people during summer holidays rest for a while, don’t they? Today we are going to look at the last part of creation. The fact that God rested on Day 7!”**

Let’s get our Bibles. Turn and read Genesis 2:1-3.

When does it say God rested? Day 7. Was that before or after he had worked hard all week? After.

In the Old Testament God set aside one day for man to rest from his work. Genesis 2:2-3. We don’t need to have a specific day of rest today as the New Testament does not give a specific day to rest but instead we are told to worship God on the first day of the week which is Sunday.

What are the benefits of rest? (You feel good, can do what you want, have time to pray to God, read the Bible, get sleep, have fun.)

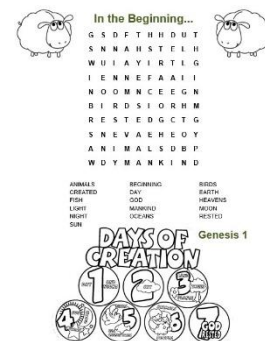
According to the story in Genesis when should we rest before or after our work? (When our work is done.)

2) Creation Word Search and Color Page

10-15 minutes

Have the kids sit around the table, hand out a word search to each child along with pencil crayons. Have the kids write their names on the top of the page. Say, **“To help us remember all that God made, we are going to do a word search. Let’s read through the words together to make sure we all know what they are.”** Read through the list of words at the bottom. **Your job is to find the words listed below in the square of letters above. They could be up, down, across, or diagonal. Is everyone ready? Ok.**

Walk around the room helping younger children find the words if they are having trouble, encourage and praise kids for good behavior.



When finished, have the students color the days of creation picture at the bottom while they wait for others to finish, or if any student is too young to do the word search.

3) Rest and Relax Popcorn Snack and Question Time

10 minutes

You've all done a great job this morning learning that God reminds us about the importance of resting, but only once our work is done. To help us remember, we are going to have a snack, now that our worksheet is done." Hand out premade popcorn in paper bags – one to each child. Remind them that these snacks are part of God's wonderful creation – they are made of corn! And God gave us popcorn to enjoy as a healthy snack and it is a great way to relax.

If you brought blankets and pillows, let the kids lounge around munching on popcorn, if you didn't they can relax in their chairs. While eating discuss the following questions.

When do you usually have time to think about things? (While your parents are driving you somewhere, while you wait to fall asleep, etc.) **Usually it is when you have time to sit. It is also important to remember to thank God as well during those times. The times you have to think and rest. We can be thankful for all that God has done for us throughout the week and how he has blessed us.**

What are ways we can rest and relax? (Sleep, watch a good movie, play a board game, pray, read a book – Bible....)

What happens when we don't get the rest we need? Being tired, grumpy, not as energetic after a while we might feel overwhelmed, not interested in what is going on.

What are reasons we don't get the rest we need? Examples: staying up too late, doing too many activities that don't allow time for resting and relaxing, not having time to pray to God. These all have bad consequences. We are not at our best that way.

How did Jesus rest and when? Let's look to the Bible while we munch our popcorn and see when did Jesus rest and what did he do when he was resting?

Listen while I read the first story. When Jesus was sad.

Matthew 14:13-14

¹³ When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. ¹⁴ When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.

Mark 6:31-33

³¹ Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

³² So they went away by themselves in a boat to a solitary place. ³³ But many who saw them leaving recognized them and ran on foot from all the towns and got there ahead of them.

Mark 1:35

³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

He went to a quiet place. Why? Get away from other people that could distract him, not allow him his quiet time with God. Get some rest.

When did he encourage the apostles to rest? After a sad event and when they had finished all their hard work.

When Jesus was trying to rest, people kept coming to Him anyway seeking His help. Did He turn them away? No. **We have to remember that sometimes when we are relaxing, someone may need our help – it is important and ok to help and not use resting as an excuse not to help others!**

How did Jesus rest? Went on His own to rest and pray.

Jesus tells us and shows us examples of him taking rest when he could – after his busy day of work was done. God says rest and relaxation are important – even He took stopped work for a day after He made the world and everything in it. First he worked, then he rested.

According to God’s example – we get the work done so we can sit back and enjoy our hard labor with some well-deserved rest! You are not thinking of the things you still need to get done when you do your work first, because you worked hard and already finished them!

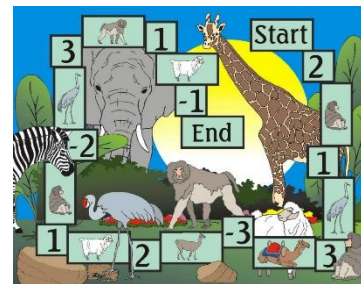
After snack have kids clean up.

4) Creation Board Game

10-20 minutes

Prep

Before class print out the board game in color on white card stock, also print the instruction sheet that is attached to the board game pdf. Gather dice, Creation booklet and game pieces.

Activity

Have each child pick a game piece from either candies, coins, or buttons you collected previously and explain the rules of the game (see instruction sheet). Ask questions from the question section, making sure you ask the younger kids easier questions.

If desired, you can have kids pair up – older with younger to play or each child can be on their own. Tell the kids, **“To help make sure you do well in this game we are going to read the story of Creation from our Bibles to make sure we remember it. Turn to Genesis 1:1, we are going to start there and ready from Genesis 1:1-2:3. Everyone sit nice and quiet and follow along while we read.”** (Ask for volunteers to take turns reading or you can read. Also, while students are reading, show the pictures from the Creation booklet to help visually reinforce each day.) Once you are done reading, say: **“Did you notice that the first three days of Creation help the next three days of Creation? On Day 1 God created light, On Day 4 God created the sun, moon, and stars that go with the light. So first He set up light and then created the specific lights we have now.**

On Day 2 He created the sky and separated the water and on Day 5 He created birds and aquatic life or fish. See, He first created and separated the water and sky and made sure they were in the right place so that a few days later when He created the birds and fish, they would have a home to go to!

Then, on Day 3 God created and separated the seas, dry lands and vegetation which is perfect for Day 6 when God created animals and man! God is a God of order and planning. He is perfect and created a world that works just as He planned! He made sure everything was set in place in order so that the next thing He created had a place and could survive. What a wonderful God we have! Does anyone have any questions?”

Let the children play the game until someone wins. If time play again. Praise them all for doing well, and as an option, hand out a candy or sticker prize to everyone for playing well, regardless

if they won or not. See below extra questions in case you used up the questions provided on the board game.

Questions:

- A. Name an animal God created?**
- B. What sound does a cow make? Who created the cow?**
- C. What is a bird that God created?**
- D. What sound does a duck make? Who created the duck?**
- E. What is your favorite way to rest and relax?**
- F. What is your favorite thing that God created?**

5) Optional – Old Testament and Creation Songs

5 minutes

Practice learning Books of the Old Testament. You can sing them to the ABC Song.
Genesis, Exodus, Leviticus, Numbers, Deuteronomy, Joshua, Judges....

Creation Song

(Tune: London Bridge)

God created day and night

Day and night

Day and night

God created day and night

On day one

God created the skies and seas

Skies and seas

Skies and seas

God created the skies and seas

On day two

God created the plants and trees

Plants and trees

Plants and trees

God created the plants and trees

On day three

God created the stars and moon

Stars and moon

Stars and moon

God created the stars and moon

On day four

God created the fish and birds

Fish and birds

Fish and birds

God created the fish and birds

On day five

God created animals and man

Animals and man

Animals and man

God created animals and man

On day six

God rested from His works

From His works

From His works

God rested from His works

On day seven

6) Closing Prayer

**Ask if there are any prayer requests that kids want to share. Make a list.

Thank God that He created the world and that as we learned today, God rested from all His hard work. Thank God as well that we can know it is good for us to rest after our work is done and that we can thank God for allowing us time to rest and enjoy life. Thank God for the end of the school year and all the hard work students have put in trying to get good marks and doing well. Pray that the children will continue to improve and do well as the year ends and that they will have a safe, restful, and fun summer ahead.

In Jesus name, Amen.

7) Things to Remember

Thank the children for coming.

Encourage them to share what they learned with their family.

Make sure students leave with a responsible person and take their sheets.

Thank you for serving Christ in this way!