

## Lesson 12

# Day 7 - God Rested and Made it Holy

## Objective

Students will understand that God rested on Day 7.

## Supplies

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

Print From the Site:

- ☐ Color Page (one per student)

Items to Bring From Previous Lesson Plans:

- ☐ Teacher Creation Booklet
- ☐ Student Creation Booklets
- ☐ Attendance Chart
- ☐ Stickers (for attendance)

Other Items to Bring:

- ☐ Bible
- ☐ Pens/Pencils/Crayons/Pencil Crayons
- ☐ Glue Sticks

## Optional Supplies

- ☐ Popcorn in paper bags - Snack
- ☐ Cardboard Box Creations Days 1-6 (Made previously)

## Teacher Tips

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

## 1) Introduction to Lesson

As students enter, welcome them and help them find a chair to sit at. Thank them for coming. Take attendance.

Review what was learned the past few weeks by looking at the boxes they decorated.

- God created the world and everything in it.
- Day 1 He created light and separated it from darkness.
- Day 2 He created the sky.
- Day 3 He created land, sea and plants.
- Day 4 He created the sun, moon and stars.
- Day 5 He created the birds and aquatic life.
- Day 6 He created animals and man

Start by saying, **What do we do at bed time?** We sleep or rest! **What do we do on the weekends sometimes?** We take a break or rest. **Today we are going to look at the last part of Creation. The fact that God stopped creating on Day 7!**

**Now let's sing a song to get us started!** (Repeat it a few times if students remain engaged)

### Here's Why God is Great

God is great. He made the sun.

*(Point up; form a circle with arms above head.)*

God is great. He made the sea.

*(Use arms to make waves.)*

God is great. He made the stars.

*(Hold up hands and wiggle fingers.)*

God is great. He made each tree.

*(Extend arms like tree branches and sway.)*

God is great. He made you and me.

*(Point to others. Point to self.)*

**2) Class Time - Read Genesis 2:1-3****5-10 minutes**

Read **Genesis 2:1-3** with the students. Hold up the last page of the Teacher Creation Booklet while you read..

When you are finished reading, say **What day did God rest?** (Day 7) **Did He rest before or after He had worked hard all week?** (After).

**In the Old Testament, God said the Saturday was a special day of rest to those who belonged to Israel. The New Testament does not give a specific day of rest for us, but instead we are told to worship God on the first day of the week which is Sunday.**

**What are some benefits of rest?** (Feel good, can do what you want, have time to pray to God, read the bible, get some sleep and have fun). **According to the story in Genesis when should we rest? Before or after our work is done?** (When our work is done).

**3) Activity Time - Student Creation Booklet****15-20 minutes**

Hand the students their Student Creation Booklet. If you chose not to assemble the booklet from the earlier lesson then hand out Day 7. Crayons will be needed.

Read Day 7 (page 8) of the "Student Creation Booklet" aloud and have the students color. Tell them the words say "Perfect Complete" because what God made was done very well and He finished everything He wanted to do.

Ask the students, **When do you usually have time to think about things?** (While your parents are driving you somewhere, before you go to bed, etc.)

**Usually it is when you have time to sit and think. It is also important to remember to thank God as well during those times when you are able to rest and think. We can be thankful for all that God has done for us throughout the week and how He has blessed us.**

**What ways can we rest and relax?** (Sleep, watch movies, play, pray, read our bibles, etc.)

**What happens when we don't get the rest we need?** (Tired, grumpy, etc.) **When we stay up too late or are doing too many activities that don't allow time for rest can have bad consequences. We are not at our best that way. God says rest and relaxation are important and even He took a day of stopping work after He made the world and everything in it. First He worked, then He rested and that is the example He set for us!**

Read the question on the student booklet and have the children raise their hands to answer. Thank them for sitting nicely and raising their hands.

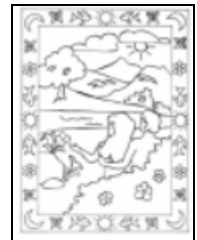
When this activity is complete, collect and assemble all the previous pages so each student has their own complete Creation Booklet to take home with them. Encourage the students to share their booklet with their families.

#### 4) Activity - Color Page

5 minutes

Hand each child a color page printed from the site and some crayons.

As the children are coloring, have them describe the different pictures of creation that they see. Take this time to review the six days of Creation.



Call out different items on the color page and see if the children can recall which day of Creation God made it on. Help the children with the answers if they are unsure and be sure to praise them if anyone is able to answer correctly. Ask them: **What did God do after He worked hard and made all these wonderful things?** (He rested). **Just like Adam and Eve enjoyed some time seeing all the wonderful things God created, God enjoyed some time enjoying all He created as well!**

#### 5) Optional Activity Time - Creation Box Game

5-10 minutes

##### **Let's play the stacking game again with our Creation boxes!**

This game can be played with one set of the Creation boxes or if you have multiple sets and a classroom assistant then you can break into 2 teams and see who can stack the boxes in the right order the quickest. Once they have stacked the boxes, ask them to point to the picture you say - example if you say "sun" have them point to the sun, if you say "sea" have them point to the water, etc.

##### Directions for a smaller class with only 1 set of Creation boxes:

Have the students stay at the table or move onto the floor. Mix up the boxes and then ask the students to help you stack them in the correct order, Day 1 being on top and Day 6 on the bottom. Be sure to praise the students when they make the right selections.

##### Directions for larger classes with a classroom assistant

Have the students stay at the table or move onto the floor. Split the class into two or three teams depending on the sets of boxes available. **When I say "Go" I want each**

team to stack the boxes in order from Day 6 up to the top at Day 1, but first I am going to mix the boxes. The first team to stack in the correct order wins!

\*When finished, congratulate all groups for playing and doing well.

## 6) Optional Activity - Sing

5 minutes

Practice songs sung earlier or find different songs in Songs for Fall Quarter.

## 7) Optional Activity - Popcorn Snack

5- 10 minutes

You've all done a great job this morning learning that God reminds us of the importance of resting, but only when our work is done. To help us remember, we are going to have a snack. Hand out pre-made popcorn in paper bags. Our snack reminds us of God's wonderful creation. Does anyone know what popcorn is made from? They are made of corn! And God gave us popcorn to enjoy as a healthy snack and it is a great way to relax.

While the students are eating, say:

God says rest is important - even He stopped His work once it was completed and enjoyed some time to Himself. First He worked, then He rested. Just like God when we do the work first - like helping mom set the table, or brush our teeth, or put our clothes away, then we can have a time to play. Work first, then play.

Did you enjoy your snack? Let's help clean up from all the fun things we did today.

After the snack, have the kids clean up.

## 8) Optional Activity - God Says

10 minutes

Line the students up in a row so that they can all see you and have enough space to move their hands and feet without hitting anyone else. Say to the students **We are going to play a game about what God made. I want you to follow and do what I say. When I say, 'God says' I want you to do what He tells you to do ok?** The idea is you ask the students to do different things that remind them that God created the world.

Below are some ideas to get you started, you can add your own as well.

**Is everyone quiet and listening...ready...?**

**God says "Let there be light!"** (pretend to turn on the lights)

**God says "Say thank you"** (say thank you)

**God says "Go for a swim in the water God made"** (pretend to swim)

**God says "Walk in the garden and smell the flowers"** (walk and smell flowers)

**God says "Go fishing!"** (pretend to be fishing)

**God says "pet your cat and dog gently"** (pretend to pet the animals)

**God says "say hi to your classmates that God made"** (wave hi to all the classmates)

**God says "pick an apple from a tree that God made"** (pretend to reach up for an apple)

**God says "drink your water that God gave us"** (pretend to take a drink)

**God says "take a rest!"** (Everyone sit back down and take a deep breath to rest)

Thank the class for playing and have them sit back in their seats for the next activity. Or repeat again if there is time and they are still engaged.

## 9) Closing Prayer

\*\*Before the prayer, make sure the activities/snacks have been cleaned up.

Ask if there are any prayers the children want to share. Say closing prayer remembering to thank God for the wonderful world and everything in it which He created.

Thank you for serving Christ in this way!