

## Lesson 13

# 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:

- ☐ God Rested Color Page (one per student)
- ☐ Moon Sticker Sheet (one sheet cut out for every 12 students)

Items to Bring From Previous Lesson Plans:

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

Other Items to Bring:

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

## Optional Supplies

- ☐ Popcorn - Snack
- ☐ Play Dough
- ☐ The items from any previous activity you choose to replay with the students.  
Example: Creation Match, Playdough Creations, Clothes Pin Match Game, Creation Box Stack Game, etc.
- ☐ Blindfold - either a sleep mask, bandana, or hand towel

## 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 - Snoring Game****10 minutes**

Tell the children **Since we have been talking about the importance of resting we are going to play a relaxing game that reminds us that God rested on Day 7. One of us will be blindfolded while the other students will take turns snoring. The one who is blindfolded will try and guess who is snoring or point in their direction! Remember we have to be really quiet and only the student I point to should snore, everyone else must wait their turn, ok?**

One child is blindfolded or hides their eyes while the other children take turns snoring. The first child cannot see but tries to guess who was snoring by either saying their name or pointing in their direction since some young children won't know each other's names yet.

Have the children take turns until everyone has had a chance to guess.

Now ask the children to move to a space around you so everyone has some room. **Now let's all pretend we are cats. What do cats do when they are happy? They purr! Can you all purr like a cat? What do cats do when they are sleepy? They yawn! Can you all yawn like a cat? What do cats do when they wake up? They stretch! Can you all stretch like a cat? Now let's pretend we are sleepy cats. Let's all curl up like a cat and pretend to sleep. Good night kitties!**

Once students are done pretending, move onto the next activity.

#### 4) Activity Time - God Rested Color Page

5-10 minutes

##### Prep

Before class print the “God Rested Color Page” for each student and one “Moon Sticker Page.” Cut out the stickers before class.

##### Activity

Hand each student the coloring page and some crayons. Read the sentence aloud and hand out one moon sticker to each student and let them glue the moon on the page where the “x” is located. Remind them that on Day 7 God rested and so should we after our work is done! Everything God made was good.

While the students are coloring, ask them what they like about the picture. Have them describe what kind of games they like to play at home with their family or friends when they are enjoying a time of rest and taking a break.

Have the students clean up and get ready for the next activity.



#### 5) Optional Activity - Teacher's Choice

10-15 minutes

Choose any activity played in the previous weeks that you thought the children really enjoyed playing.

Example: Creation Match, Playdough Creations, Clothes Pin Match Game, Creation Box Stack Game, etc.

#### 6) Optional Activity - Popcorn Snacks

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. 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.

### 7) Optional Activity - Sing

5 minutes

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

### 8) Optional Activity - Creation Box Game

5-10 minutes

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.

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.

### 9) Optional Activity - Play Dough Creation

10 minutes

Hand out Play Dough to each child - let them pick one color and only let them use that color so the colors do not get mixed. Remind them that when we are done our creations will need to go back into the jars. Help the students pick something from one of the Creation days to create out of the Play Dough. Children can make things like the sun, moon, animals or people.

Talk about how: **God was able to create everything in the world just by saying it!" God is so amazing that He was able to do it all in six days and on the seventh day He rested. God shows us how important it is that we get our rest.**

**Ask the children to describe their Play Dough creation to the class.**

Have the children clean up by rolling their color into one big ball and hand it to you.

## 10) 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.

**Make sure everyone is 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" (pretend to 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 high 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.

## 11) 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!