

Preschool Fall
Lesson 12:
Day 7 – God Rested and Made it Holy

Objectives: Students will...

- 1) Understand that God rested on Day 7 Genesis 2:1-3
- 2) Understand that it is important for us to rest once our work is done.
- 3) Make our own Creation Day Book

Accommodations: See Lesson 1 for a list of ideas

Supplies:

- Pens/Pencils
- Bible (please bring your own)
- Crayons/Pencil Crayons
- Creation Book (from previous lessons) for you to read to students
- White cardstock paper (for making their own creation booklet) 7 sheets each student
- Black cardstock cut diagonally – one diagonal piece for each student
- Hole punch
- String – three small pieces for each student
- Scissors – one for each student
- Flower stickers - a few for each student
- Pieces of saran wrap - a few for each student
- Glue Sticks – one for each student
- Cotton Balls – 4-6 for each student
- Creation Template Pictures – one for each student

Optional Activities

- Popcorn in paper bags – one for each student
- Snack – popcorn in paper bags- see above
- Napkins
- Cups with water or milk
- Blankets and pillows – if you want to really play up the resting part of the lesson ☺
- Sun, Moon, Stars stickers for Creation Book

Lesson:

1) Introduction to lesson:

As students enter, welcome them and help find a chair to sit at. Thank them for coming. Take attendance (using attendance chart supplied). Have them sit around the table.

Start by saying, “**What do we do at bed time?** We sleep or rest! **What do we do on the weekends some times?** We take a break or rest. **Most people during summer holidays rest for awhile don’t they?** **Today we are going to look at the last part of Creation. The fact that God rested on Day 7!**

***Optional:** Get blankets and pillows and have children lay down on them as you read the Bible verses from Genesis to show that God rested!

Let’s get our Bibles and 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. Gen. 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? (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 is done?
(When our work is done)

Let's sing some songs:

Here's Why God is Great

God is great. He made the sun.
(Point up; form 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.)

A Way to Go – An action song

A robin flies, *(Wave arms in flying motion.)*

A bunny hops, *(Hop or jump up and down.)*

A turtle crawls so slow; *(Crawl or step in place very slowly.)*

God gave each animal He made

A special way to go! *(Walk two fingers up one arm.)*

2) Create Your Own Creation Book

15-45 minutes

***If you can't finish this activity during this class you can finish it next class**

Before class print the Creation book template cut out pictures, one for every child. As well, gather seven pieces of white Cardstock paper, stacking them one on top of the other, hole punch the left side, two or three times, using yarn to tie the pages together to make it look like a book.

Use templates from C.D. or binder for pictures to cut out, color, and glue when class begins. On the **First page** write in marker, " _____ Book about Creation!" The **inside cover page** write in marker, Genesis 1:1 - In the Beginning God..." before class.

Tell children, "**Today we are going to make a picture Creation book to help us remember all the things we learned this quarter. I am going to hand out a sheet with pictures on it, you can color the pictures that match the day we are working on, then cut them out and glue them to the right page, or you can draw your own pictures instead. As well, I am handing out a white booklet. We will go through each page one at a time to make sure we all know what to do and so we can all finish together.**

Hand out creation picture templates, scissors, glue, crayons, and white booklets. Be prepared as you go through each page to hand out stickers, cotton balls, etc. as needed for each page as you get there. Go through each page, telling the children:

The **First page** you will see, " _____ Book about Creation!" **Write your name in the blank space.** Help children who need it to write their name.

The **inside cover page** says, Genesis 1:1 - In the Beginning God...

Now let's turn to the next page, this is going to be for Day 1. The **First Day** use a white sheet of card stock. Have the kids cut a sheet of black construction paper in half and glue it to the page.

Have kids or yourself write on the page, **“Genesis 1:3 – God said, “Let there be light”** So half the page looks like light and half looks dark.



For the **Second Day** take and hand out one sheet of blue or clear saran wrap and ask kids to glue it to the bottom for the waters (if using clear – color the water blue with crayon on the sheet first) hand out and have kids glue cotton balls on the top half of the page for waters and clouds above. See picture for idea. Have kids or yourself write on the page, **Day 2 – God created sky!**

For the **Third Day** let the kids use template pictures of trees and flowers to cut out or draw trees, plants, and flowers. You may want to provide flower stickers if you have them. Have the kids write, **“Day 3 – God created plants, seas, and trees.”**

On the **Fourth Day** they cut out a sun, moon, and stars from the template and color and glue them on or have sun moon stars stickers for them to put on as an option. Have them write, **“Day 4 – God created the sun, moon, and stars”**

For the **Fifth Day** they cut out birds and fish from the template and glue them to the page. They can also glue the second piece of saran wrap to the bottom so it looks like the fish are in water. **Day 5 – God created the fish and birds**

For the **Sixth Day** have the children cut out the animal templates and glue them on the page. Since God also created people – have the children draw a picture of themselves on the page as well. Write: **Day 6 – God created animals and man**

For the **last page** print out the template of the earth and have the kids write, **“Day 7 – God rested Genesis 2:1-3.”** See Template for picture of earth. Have kids color and glue on the earth picture.

Let pages dry from the glue by setting them aside for the rest of class.

3) Optional: Rest and Relax Popcorn Fun 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 work of creating our creation books is done.” Hand out premade popcorn in paper bags – one to each child along with a drink. 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 did let them relax in their chairs and 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 and think. 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 awhile – feel overwhelmed, not interested in what is going on. Examples: **staying up too late,**

doing to 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.

God says rest and relaxation are important – even He took a day off after He made the world and everything in it. First he worked, then he rested. What should we do – play a little first, then do our chores – 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) Optional – God Says – Action Game

5 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 beside them.

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 tell you to, ok?” The idea is you ask the students to do different things that remind them that God created the world.

Ready? Everyone quiet and listen.....good job...

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

- God say “Let there be light!” (pretend to turn on lights)
- God says - say thank you (say thank you)
- God says “go for a swim in the water God made” (pretend to go for a swim)
- God says “walk in the garden and smell the flowers” (pretend to walk around looking and smelling the flowers God made)
- God says “go fishing!” (pretend to take a rod and go fishing for fish)
- God says “pet your cat and dog gently” (pretend to pet animals nice)
- God says “say hi to your classmates that God made” (children should say “hi” to each other.)
- God says “pick an apple from the trees that God made” (pretend to pick apples from a tree – you can even pick up each child and have the pretend to reach for an apple high on the tree.)
- God says “drink your water” (pretend to drink water that God gave us.)
- God says – “say ‘I love you’” (say I love you)
- God says “Take a rest!” (Have children sit back down and take a deep breath to rest.)

Thank class for playing and then have them sit at the table for the next activity.

5) Sing

Choose songs from the Songs section of the binder

God is Great

Tune: London Bridge

God made all the stars above*, stars above*, stars above*.

God made all the stars above*.

God is great.

(*lands and seas, fish and whales, dogs and cats)

6) Close in prayer

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 to after our work is done and that we can thank God for allowing us time to rest and enjoy life.

7) Greet Parents at door

Ensure all students go to parents or if some students remain kindly ask them to go to their parents.

Thank you for serving Christ in this way!