

Lesson 13: 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.

Accommodations: See Lesson 1 for ideas

Supplies:

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

Optional Activities

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

Lesson:

1) Introduction to lesson:

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

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 awhile 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 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? (When our work is done)

2) Create your own Creation Book

15-20 minutes

Before class print the Creation book template cut out pictures, one for every student. 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 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.

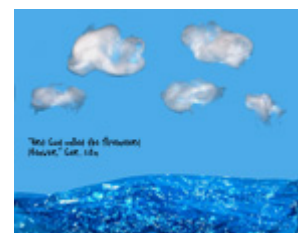
Tell children, **"Today we are going to make a picture Creation book to help us remember all the things we learned this quarter. I am going to hand out a sheet with pictures on it, you can color the pictures that match the day we are working on, then cut them out and glue them to the right page, or you 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 at the together.** Hand out creation picture templates, scissors, glue, crayons, and white booklets. 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.**

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 glued it to the page. Hand out a half page of the black construction paper to each child. Have kids or yourself write on the page, "**Genesis 1:3 - God said, "Let there be light"** and glue the black piece to one side of the page. 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. 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. They are God’s creation too! **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) 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.**

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?

Let’s read. The first story is when Jesus found out that his cousin John the Baptist had been killed.

Matthew 14:12-14

¹² John’s disciples came and took his body and buried it. Then they went and told Jesus. 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 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: Creation Word Search

5-10minutes

Have the kids sit around the table, hand out a word search to each child along with a pencil. 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 words above. They could be up, down, across, diagonal. Is everyone ready? Ok.**

Walk around the room helping children find the words if they are having trouble. Encourage and praise kids for good behavior. When finished, have kids hand in their pencils.

5) Sing and learn Books of the Old Testament

5-10minutes

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) 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. 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!