



LESSON - GOD CREATED REST

Optional Props: Hats, binoculars, and adventure props you have on hand. Teachers can pass out hats for everyone to wear while watching the video. Each teacher can wear binoculars around your necks as well.

Alright explorers! I hope you are ready for this week's Bible story. We are on a great adventure to discover the truth! The truth that we learned is "**GOD CREATED EVERYTHING.**" We have discovered so much about God's creation on this great adventure. Today, we are continuing our great adventure: the hunt for truth!

Are you ready to watch a video?

SAY IT: YES! Okay, let's watch! **(Cue the lesson video)**

Alright explorers! I hope you are ready for this week's Bible story. We are on a great adventure to discover the truth! Let's review what we learned over the last few weeks.

Let's see what you remember about what God created so far...

Display slide wk 3-1: Who remembers what God created on day one? He Created LIGHT! **Good job explorers!**

Display slide wk 3-2: On day two, God created the sky!

Display slide wk 3-3: On day three of Creation, God created the seas and dry land.

Display slide wk 3-4: Then, on day four of Creation, God created the sun, the moon, and all the twinkling stars.

On day five of Creation, God created the fish and the birds.

DO IT: Can you make a fishy face with me? Great job!! What about.... Flap your wings like a bird? Awesome! Then, last week, we learned that on day six of Creation, God created animals! Animals! After He finished creating the animals, He said it was VERY good!

Today, we get to talk about day seven! Let's count them together: 1, 2, 3, 4, 5, 6, 7! Do you know what God did on the seventh day -

Display slide wk 3-5: God rested. That's right, He took a break. God wants all of us to rest, too! He wants us to set aside a day every week for rest and to focus on Him. Sometimes resting means having quiet time, reading a book with mom and dad, listening to others, maybe staying home instead of going places, and sometimes it even means taking naps. When God rested, He did something super special; instead of calling it good, He blessed it and called it holy.

SAY IT: Can you say holy with me? Holy! Great job. God wants us to rest and take time away from all the busy days we have.

SAY IT: Do you think you can take time to rest with your family? You do great!

Well, explorers, you did it! **God Created Everything, including rest!**

Say this with me, God Created... Everything (allow them to repeat each word after you)!

After we pray, I am going to ask you some questions about what we learned today.

PRAYER: Dear God, thank you for creating everything. Thank you for the light and the sky. Thank you for the land and the sea. Thank you for the sun, moon, and stars. Thank you for the birds and fish. Thank you for the animals and people. In Jesus' Name.... Amen!

LESSON QUESTIONS - 10 MINS

2 & 3YR OLDS

Question 1: Did God create everything? **(Yes)**

Question 2: Did God make the sun, moon, and stars on the fourth day? **(Yes)**

Question 3: Did God make ice cream on the third day? **(No)**

4YRS - 1ST GRADE

Question 1: God created the whole world in how many days? **(Seven)**

Question 2: When God created the animals and humans on the 6th day, what did He say? **(It is Very Good!)**

Question 3: What did God do on the 7th day? **(Rest)**

Question 4: On the 7th day, God rested and blessed the day and called it what? **(Holy)**



ACTIVITY 1 - SIMON SAYS

Items Needed: Simon says sheet.

Connection: We have become amazing explorers as we learn that God Created Everything! He worked for six days on His very special world. He created everything just using His words! But God rested on the seventh day. Let's play a game where we learn when to rest.

Step #1: Gather children on the floor for Simon Says (Use as many of the prompts below as you want).

Step #2: Play using the following commands; if time allows, use the Simon Says sheet for more fun! "Simon says":

Stomp your feet, reach for the sky, touch your nose, clap your hands, run in place.

"Stop running and rest."

Dance, put your hands on your hips, shake your right foot, and jump up and down.

"Stop jumping and rest."

Wiggle your fingers in the air, pretend to climb, play the guitar, and spin around.

ACTIVITY 2: EYE SPY

Items Needed: Decorations and things from around the room.

Connection: We've gone on an epic adventure, finding clues to help us learn the days of Creation. Let's play a game that makes us look around the room for answers!

Step #1: Gather the children in a circle on the floor.

Step #2: Tell them we're going to play a game called Eye Spy.

Step #3: Start off by saying, "Eye spy with my little eye, something yellow." Tell the children you see something in the room that's yellow, and they should guess what it is that you see.

Step #4: Repeat steps 1-3.

Note: You can also make this active! Use the animals, fish, and birds for the younger kids. You can say something like, "Eye spy with my little eye a small redfish," and let a child get up and point to the fish on the wall.

ACTIVITY 3: BUBBLE PARTY

Items Needed: Bubbles and music!

We've got some extra time today, so let's spend it worshipping and dancing with bubbles!

CRAFT OR COLORING SHEET (USE 1 OR 2 OPTIONS DEPENDING ON CLASS SIZE)

DAYS OF CREATION POSTER

Items Needed: Print Coloring sheet from creation story board book, posters, crayons, glue case, and various items.

Connection: Today, we learned that after 6 days of creation, God rested. We do lots of things all week long, but we need to remember to take one special day to rest. Let's see if we can remember all seven days now and decorate our craft sheet together.

Step #1: Distribute the Days of Creation poster and allow time to color.

Step #2: Once they're finished coloring, help them add the various items onto those days of creation to complete the poster.

COLORING SHEET: GOD RESTED

Items Needed: Coloring sheet and crayons.

Connection: Today, we learned that God created rest. Let's spend time coloring to remind us that God Created Everything, including rest!

Step #1: Distribute the coloring sheets and allow time to color.

On the 7th day God said....



**All He had
made was**

very

good

and

then He rested.