



Aloha - Keeping Cool When Things Get Hot

“All of you together are the body of Christ. Each one of you is a part of that body.” 1 Corinthians 12:27 (ICB)

LESSON - GOD GIVES ME REST!

If you are excited about our island adventure, shout YES! YES! Welcome back to our island adventure, Aloha: Keeping Cool When Things Get Hot! In this series, we are learning how to stay calm, trust God, and make the right choices no matter how we feel. God gave His people special rules called commandments to help them know how to live His way.

Today, we are learning about Commandment Four, and it teaches us something very important: God gives me rest!

SAY IT: Commandment Four... God gives me rest!

DO IT: Hold up four fingers and count...One...Two...Three...Four

A long time ago, God gave His people a special command. He told them to have a special day to stop and rest. This day was called the Sabbath. Can you say Sabbath! Now your turn Sab..bath. On that day, they were not supposed to work like the other days. They were supposed to stop, slow down, and remember God. God says in the Bible, Remember the Sabbath, to keep it holy.

SAY IT: Stop and rest!

DO IT: Lay your hands together by your cheek like you are sleeping.

God wanted His people to know that they did not have to be busy all the time. He wanted them to take time to think about Him, talk to Him, and remember that He was taking care of them. Rest was not something bad. It was a gift from God!

SAY IT: Rest is a gift!

DO IT: Open your hands like you are receiving a gift.

God’s people had to learn to trust Him. They had to learn that even when they stopped working, God would still take care of them. Sometimes we feel busy too. We have school, playtime, chores, and lots of things to do. But God wants us to remember that it is okay to slow down and think about Him.

Resting the right way means: stopping for a moment, talking to God, thanking Him, and remembering that He loves us. When we rest, we are showing that we trust God.

SAY IT: I trust God

DO IT: Point up to the sky.

God is kind and loving. He knows what we need. He wants us to remember that He is always taking care of us. When we stop, rest, and think about God, it helps our hearts feel calm and steady.

SAY IT: Commandment Four... God gives me rest!

DO IT: Let’s count and hold up our fingers. One...Two....Three...Four

PRAYER: Dear Jesus, thank You for loving me and taking care of me. Thank you for giving me rest. Help me slow down, trust You, and remember that You are always with me. In Jesus’ name, Amen.

LESSON QUESTIONS - 10 MINS

2 & 3YR OLDS

1. Did we learn about commandment number four? **(Yes)**
2. Did God want His people to rest? **(Yes)**
3. Should we always be busy? **(No)**
4. Does God take care of us? **(Yes)**

4YRS - 1ST GRADE

1. What commandment did we learn today? **Commandment Four**
2. What does Commandment Four teach us? **God gives us rest**
3. What was the special day called? **The Sabbath**
4. Why did God want his people to rest? **So they would remember Him and trust Him**



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ACTIVITY 1: PILLOW DELAY

Items Needed: Small pillow or soft item

Connection: Rest is a gift from God.

Step 1: Have the children to line up.

Step 2: Give the first child a pillow.

Step 3: When you say “GO,” the first child walks (or lightly runs) to a marked spot and back while holding the pillow.

Step 4: When they return, they hand the pillow to the next person in line.

Step 5: Before passing the pillow, they must pause, lay their head on it for a quick second, and pretend to rest.

Step 6: The whole team says together: “God gives me rest!”

Step 7: Continue until everyone has had a turn

ACTIVITY 2: SLOW DOWN

Items Needed: None

Connection: God wants us to slow down and trust Him.

Step 1: Have the children walk around the room.

Step 2: Call out directions like walk fast, walk slow, and stop.

Step 3: When you say, “Remember God,” the children stop and point up.

Step 4: Repeat several times.

Step 5: Remind them that resting helps us remember God.

ACTIVITY 3: BUBBLE PARTY OR STORY TIME

Items Needed: Bubbles and music OR book basket

We’ve got some extra time today, so let’s spend it worshipping and dancing with bubbles or reading a book to the class (please show the pictures on each page).

CRAFT OR COLORING SHEET (USE 1 OR 2 OPTIONS DEPENDING ON CLASS AGE & TIME)

TEN COMMANDMENT MINI COLORING BOOK CRAFT

Items Needed: Mini Coloring Book Kit

Connection: God gave us 10 commandments to follow

Step 1: Give each child the mini coloring book pages

Step 2: Give them time to color the pages.

Step 3: Use the provided rings to help the kids put their many coloring books together

Step 4: Say together, “God gave us commandments!”

GOD GIVES ME REST COLORING SHEET

Items Needed: Coloring sheet and crayons.

Connection: Commandment Four teaches that God gives us rest.

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

God Gives Me Rest



God Takes Care of Me!

Commandment Four:

"Remember the Sabbath day and keep it holy."