

WEEK THREE: Rest

Big Idea: God created a very good world.

HANGOUT

1. Discuss:
 - What's your favourite quiet time activity?
 - What do you like to do with your mom or dad when they don't have to work?

HEAR

2. Look up and read aloud Genesis 2:1-3.
3. Discuss:
 - Do you think God took a nap? What does it mean "God rested"? (God took some time to enjoy all he had made.)
 - God made a special day to rest. Do you have a special day to rest and enjoy?
 - What kinds of things do you do on a day when you have nowhere you need to be?

HUDDLE

4. Encourage the children to invite their family to schedule a "rest day" to take time to be together.
5. Take a moment now to take a deep breath and rest, and thank God for all he created for us.

What does rest look like? Draw a picture of it!