

WEEK 3: God Rests

Big Idea: God rested from his work to enjoy creation.

HANGOUT

1. If time and weather permit, take the kids outdoors to gather objects from nature (e.g., leaves, sticks, flowers, small stones, seeds, etc.) to use in today's craft. If this is not possible, collect items in advance.
2. Introduce the Big Idea: **God rested from his work to enjoy creation.**
3. Provide construction paper and white glue. Guide the kids to use the glue to print "REST" in large letters on their paper. Help them as needed. Direct everyone to arrange the natural objects on the glue so that it's covered completely.
4. As the kids are crafting, discuss:
 - What are some ways your family rests and relaxes?
 - Can you think of a time when you really enjoyed being in nature? What did you see? How did you feel?
5. Emphasize that we can rest and enjoy creation, just like God. Encourage the kids to display their crafts at home as a reminder to slow down and enjoy the beauty of nature every day.

Watch this week's video on the Kids and Youth playlist at youtube.com/themeetinghouse

HEAR

6. Review the Creation series so far. Remind the kids that the creation story is found in the book of Genesis at the very beginning of the Bible. Ask if they remember some of the things God made in the first six days of creation (i.e., light, water and sky, land and plants, sun, moon, stars, and planets, fish and birds, animals and people).
7. Let everyone know that today's God Story focuses on the seventh day of creation. Something surprising about God is revealed! Challenge the kids to listen carefully to find out what it is.
8. Look up and read about God resting in Genesis 2:1-3.
9. Discuss:
 - What did God do on the final day of creation? (rested)
 - Why did God bless the seventh day and declare it holy? (it was the day when he rested from all his work)
 - Does it surprise you that God took a rest? Why or why not?
 - Why do you think God set this example for us?
 - Do people always follow God's example of resting?
 - What are some benefits of taking a break to relax?
 - What happens to people when they don't rest?

HUDDLE

10. Review the Key Verse for this series (Ever since the world was created it has been possible to see the qualities of God that are not seen. I'm talking about his eternal power and about the fact that he is God. Those things can be seen in what he has made. | Romans 1:20, NIRV).
11. Discuss:
 - As we head into autumn, what are you looking forward to?
 - Thinking about the changing seasons, which one do you think God created as a rest from growth? (winter)
12. Take a few minutes to chat about how important it is to build rest into our daily schedules as school and work get busier this time of year.
13. Discuss: What's one way you enjoy resting and recharging?
14. Pray, "Thank you, God, for your beautiful creation and that we can learn so much about who you are through enjoying all you've made. Thank you for setting this example of resting. Please help [name each of the kids] find a good balance of work and rest this year. Thanks for loving us so much and for taking such good care of us! Amen."

_____ **'s Rest Journal**

Make a plan to take some time to rest and recharge in the upcoming week. Write or draw a picture of something you can do each day that will be restful. Next week, check in with your friends...did you take time to rest? How did it feel?

SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	