



Date: \_\_\_\_\_  
Series: God Made Everything  
Summer Year 1, Lesson 5

# God Rested

**Bible Event:** Genesis 2:2-3

**Take Home Point:** \*GOD BLESSED THE SEVENTH DAY—  
*Spend time with God.*

\*Repeat this phrase throughout the lesson. The leader will say the first part of the phrase (CAPS). The children respond with the second part of the phrase (*italics*).

**Jesus Link:** On our seventh day, we remember Jesus and find rest with God.

**What kids will learn about God in this worship experience:**

- Children will learn the Bible event of the seventh day when God finished the work of creating everything. God blessed the seventh day and rested from all his work and made the seventh day holy. It is a day set aside to take time and enjoy his creations. On this special day, we bring him our prayers, songs, worship, and read the Bible.
- Children will respond to God's love as they pray to him, thanking him for loving them and giving them Jesus. They will offer him their songs of worship, their offerings, and their actions of love as they actively learn God's word.



## Welcome Zone: (15-20 minutes)

**Purpose:** While kids arrive, give them a simple learning readiness activity that requires minimal supervision. This might include a video, games, blocks, or puzzles.

**Video Suggestion:** Choose a video and list it here.

**Activity Suggestion:** Blocks, toys, puzzles, paper, and crayons.



## Opening Worship: (10-15 minutes)

Children can bring forward the cross, candles, Bible, offering plate, and treasure box. The treasure box contains the props used to tell or dramatize the Bible event. Open with a simple prayer, having the children repeat after you. Collect offering and talk about how God will use it.

## Praise Songs:

Choose two or three songs and list them here.

## Bible Event: Simple Story-telling

Reading a Bible story or telling the Bible event can be done effectively with expressive voice and dramatic gestures.

Divide the kids into six groups. Each group will represent a day of creation. Group one (day one) will be 6 year old boys. Group two (day two) will be 6 year old girls. Group three (day three) will be 5 year old boys. Group four (day four) will be 5 year old girls. Group five (day 5) will be 4 year old boys. Group six (day 6) will be 4 year old girls. Once they are separated into their groups, have them sit down together. If you have room, you may want to put the groups side by side in one big circle to represent the world/earth.

### Group One

You represent day one of creation when God created light. Please stand up and practice these movements. Put your hands over eyes and say "dark." Then move your hands outstretched from your body and say "light." (Do movements back and forth repeating the words and motions. Have group one sit down.)

### Group Two

Please stand now and practice these movements. You are day two when God separated the waters. You will make the seas/oceans below by making wave motions with hands and arms. To make water

**above, make raindrops coming down by moving arms down and fingers wiggling simultaneously. (Have them practice several times and sit down.)**

### **Group Three**

**Day three, please stand and do the following motions as I teach you. You are the dry land and trees. Arms are almost folded for the dry land but one arm is up at elbow moving back and forth like a tree swaying in the wind. (Have them practice several times and sit down.)**

### **Group Four**

**Day four, please stand now and practice these movements. You are the sun, moon and stars. To make the sun, put your hands over your head making a circle. For the moon, make a circle with your hands over your head and bend at the waist. For the stars, wiggle fingers to show twinkling stars. (Practice all three in order of sun, moon, and stars and then sit down.)**

### **Group Five**

**Day five, please stand and do the following motions as I teach you. You are the sea creatures and birds. You will do the motions of wiggly fish and flying birds. Let's practice now. (Have them practice several times and sit down.)**

### **Group Six**

**Day six, please stand now and practice these movements. You will choose your animals. Think of them now and what noise they make and how they act. Some of you might be a kangaroo, a cow, a dog, a cat or a bunny. Now you may practice your noise and your actions. (Have them practice several times and sit down.)**

**Now watch each other and do the actions again as I tell the story of creation. This time, no one will sit down but remain standing. *You will continually do your motions throughout the whole story.***

**In the beginning, God made everything. On day one, God said let there be light. So God separated the light and the dark. (Have group one stand and perform their motions.)**

**On day two, God separated the waters below and waters above. (Have group two stand and perform their motions.)**

**On day three, God said let there be dry land filled with trees, grass and flowers. (Have group three stand and perform their motions.)**

**On day four, God filled the light with the sun and darkness with the moon and the stars. (Have group four stand and perform their motions.)**

**On day five, God filled the waters with fish and the sky with birds. God said let there be fish and birds.** (Have group five stand and perform their motions.)

**On day six, God made the animals and the people.** (Have group six stand and perform their motions.)

**Then, finally, on the seventh day, God rested.** (Have all the children sit down.)

**When God rested on the seventh day, he made that day special. That's why, once every seven days, we stop and rest, too. We can spend that special day with God by going to church, by praying, worshiping and reading the Bible. And, we also remember all the wonderful things he has done for us. Remember \*GOD BLESSED THE SEVENTH DAY – *Spend time with God.***



## Action Zones: (20-30 minutes)

**Purpose:** Children move at their leisure to the activities according to their interest. Adults are assigned to oversee each of the zones, watching for safety, assisting any activity, and helping the children connect to the lesson of the day. All zones are introduced at the beginning of Zone Time. Some suggested zones are included below. It is usually best to have all children go to the Snack Zone first. Sing a blessing song or say a snack prayer together before dismissing to the zones. During the Zone Time, children may arrive from mid-service dismissal. If this is an option at your church, be prepared to welcome the children and invite them to choose a zone.

**Snack Zone:** Make your own creation celebration snack. Have a variety of frostings and sugar sprinkles. Spread frosting on graham crackers and decorate with sprinkles. Before eating, set snack on plate or napkin and count to seven and admire their special creation. This reminds them of what God did after he created everything. On the seventh day, he rested and enjoyed his creation. Now, eat and enjoy.

**Drama Zone:** There will be three plastic bins/tubs. One tub has water with toy aquatic animals in it so the children can play with the water, representing day two and the sea creatures from day five. The next tub will be filled with sand and plastic animals, trees and plants, to remind them of land, vegetation, birds and animals. The third tub has a Bible storybook and a cross in it. The Bible storybook and the cross help remind them that Jesus gave his life for them. This also reminds them of the seventh day, God's special day that he blessed and made holy.

**Puppet Zone:** Let the children use puppets to discuss how we can spend time with God.

**Felt Zone:** Use felt board materials to show the story of "God Rested" from today's Bible event. (For example, use Lesson #3, "A Special Day," from *Betty Lukens Through the Bible in Felt*.)

**Craft Zone:** The children will decorate bookmarks. After coloring, they may use glue sticks and glitter for a special touch to represent a special day. If using glue and glitter, it will need to dry for a little while.

**Play Zone:** Line up in a row, or put in a cluster, six milk jugs with tops cut off and one bucket. The bucket reminds them of the seventh day, or special day of God's rest. The students try to pitch a beanbag or a ball into the bucket even though they might hit one of the other days (*jugs*). When they hit number seven (*the bucket*), they get to sit down and rest to show that they hit the mark and perhaps receive a prize. If giving

prizes, every child receives a prize when someone throws the ball/beanbag in the bucket.

**Quiet Reading Zone:** Basket of books. Include any that feature the story of Creation.

**Music Zone:** Your choice of music.

**Coloring Zone:** “Spend Time with God” coloring page.



## Closing Worship: (20 minutes)

**Purpose:** As you empty the zones and clean up, begin the music so the children can start wandering over.

### Worship Songs:

Choose one or two songs and list them here.

### Bible Application with Puppet Presentation:

**Purpose:** The puppet demonstrates the need that will be met in today's lesson. The scripts are not written verbatim, but give a story line in which the group leader can interact with the puppet.

Bubba shows up with a pillow. The large group presenter asks him why he brought his pillow to church. Bubba explains that he heard that on Sunday, since God rested, he was supposed to come to church and take a nap. So, he was looking for a place to take a nap. The large group presenter asks the boys and girls if this is what we are supposed to do at church. No. Children aren't supposed to take naps at church unless you're in the nursery. What God meant when he rested on the seventh day is that he took time to enjoy and delight in all that he had made.

On Sundays, we remember all that God has done for us, and we remember to talk to him. This is when we bring him our prayers, our songs, and our worship. This is when we read the Bible and find out what he wants to say to us. This is God's special day. And this is what it means to rest in God's house. In a way, when you spend time with God by going to church and enjoying him so much, it's as much fun as playing with him. Remember **\*GOD BLESSED THE SEVENTH DAY – Spend time with God.**

### Prayer Time:

**Purpose:** Allow children to contribute their own prayers. This will teach them to turn to God in both good times and in times of trouble. End with the Lord's Prayer.

### "Children Pray" Options: (select one from the options below)

\_\_\_\_\_ **Prayer Train Option:** Children line up and take turns stepping in front of the microphone and speak their brief prayers of thanksgiving.

\_\_\_\_\_ **Prayer Chair:** Children stand in a circle around one child sitting on a chair in the middle. All children in the circle will lay a hand on the child sitting in the chair as they say a prayer together.

\_\_\_\_\_ **Popcorn Prayer:** The leader moves through the crowd with a microphone and taps children on the head to stand and speak their prayer.

**Lord's Prayer:** Lead the children through the Lord's Prayer, phrase by phrase, or let them pray the entire prayer along with you.

## **Blessing:**

May God, who is all around you,  
pour his love upon you.

*(Beginning at the bottom of the circle, slowly make a large circle with your hands. Finish by bringing your hands down and wiggling your fingers to resemble rain.)*

And Jesus, his life a sacrifice,  
walk right there beside you.

*(Slowly make a large sign of the cross. Then move your hands out to the sides.)*

And may God's Holy Spirit,  
the one who lives inside you,

*(Cross hands over your heart.)*

keep you strong,  
comfort, lead and guide you!

*(Move to a "strong man" position. Then cross your arms with your hands on corresponding upper arms to communicate comfort. Bring one hand forward with "lead" and the other with "guide" to complete the blessing.)*

## **Song of Sending:**

*Choose one song and list it here.*



## **Closing Zones:**

**Purpose:** Children go to an activity zone, such as the coloring zone, quiet reading zone, and children's Christian music video zone, as they wait for their parents.



# Supplies:

## Quantity (4)

### ***Welcome Zone:***

- blocks, toys, puzzles, paper and crayons

### ***Opening Worship:***

- Bible

### ***Action Zones:***

#### *Snack:*

- graham crackers
- variety of frostings
- variety of sugar sprinkles/decorations
- optional: small paper plates
- plastic knives
- water or juice
- paper cups
- napkins

#### *Drama:*

- three plastic tubs/bins
- a variety of plastic/rubber sea creatures
- a variety of plastic/rubber trees, flowers and animals
- sand
- water
- optional: plastic tarps for bins with water and sand
- Bible story and picture books
- cross

#### *Craft:*

- preprinted bookmarks
- crayons, markers or colored pencils
- stickers
- glue sticks
- glitter
- *option:* punch hole in top of bookmark and put yarn through hole and tie a knot

#### *Play:*

- six, ½ gallon, milk jugs with tops cut off
- gallon bucket
- the numbers 1-6 printed on or taped to the milk jugs
- the number seven printed on or taped to the bucket
- ball and bean bag
- optional: “penny” candy to hand out as prizes

*Quiet Reading:*

- pillows
- books relating to “Creation” story

*Music:*

- songs of choice

*Puppet:*

- assorted puppets

*Felt:*

- Use felt board Bible characters to act out the story of “God Rested” (One resource is “*Betty Lukens Through the Bible in Felt*,” Lesson #3—order from [www.bettylukens.com](http://www.bettylukens.com).)

***Closing Worship:***

- Bubba, the puppet
- pillow

***Closing Zones:***

- colored pencils
- paper
- basket of books

**Safety and Security:** Safety and security procedures are important for each church to carefully define and implement according to their unique needs. The security, safety, illness and accident procedures described in this curriculum are provided for example purposes only and may not be appropriate, applicable or adequate for every situation. Each church is responsible for determining whether any security, safety, illness and accident procedures contained in the curriculum are appropriate, applicable or adequate for its unique situation. The activities described in this curriculum require adult supervision and may not be suitable for each child and each situation. Each church is responsible for ensuring that adequate adult supervision is provided for all activities and for determining whether an activity is appropriate for each child and each situation. Kids Kount Publishing disclaims all liability for the implementation of any procedures or the performance of any activities described in this curriculum.

