

Lesson #8  
Hebrews 4:1-11; Gen 1-2:3  
Nov. 12, 2014

*\* If possible, play gentle, soothing music in your classroom today. You could also play a CD with sounds such as running water, waves, bird sounds, etc. Choose and set out books or puzzles in your room with images such as Psalm 23, animal scenes, quiet time with God in His creation, science picture books about creation, etc. Encourage the children to interact with nature today! For the story, you will guide the children to stand up in their circle and walk through the days of creation using hand motions or pantomime. Let the children be imaginative in how they act out each day. To represent the final day have all the children lay on the floor and rest. This is what God did after He finished the work of creation!*

*Gather everyone together. Start out with everyone seated. Take a deep breath before you begin the story. Be intentional with calm, peaceful words as you speak.*

Hello friends. Today for our Bible story, we will learn a new word together! *Show the children a piece of paper with the word "Sabbath" clearly written on it. You can also write it on a chalkboard or marker board, as long as it's in view of the children during the story.* Our new word is "Sabbath."

Let's say that word together—Sabbath. Sabbath means peace and **rest**. *Repeat "peace" and "rest" several times using hand signs for these words. You can use American Sign Language or make-up your own signs.* Let's remember the word "Sabbath" as we explore our Bible story.

Our story comes from the first book of the Bible, Genesis. *Have an open Bible close by, so that the children can see where this story comes from. You can put the lesson printout, or your notes in the Bible to refer to as you tell the story.*

*Have everyone stand up in the circle. Say and act out the Days of Creation, as follows. Allow a few moments for the children to imaginatively explore each day. Speak slowly. Hold up your fingers to signify which day it is.*

(1) In the beginning, on the first day God made Heaven and the earth. The earth was dark. God made light! God made the day and the night. And God saw that it was good.

(2) On the second day: God made the sky. And God saw that it was good.

(3) On the third day: God made land, waters in the oceans, and plants. And God saw that it was good.

(4) On the fourth day: God made the sun, the moon, and all the stars. And God saw that it was good.

(5) On the fifth day: God made fish, and birds. And God saw that it was good.

(6) On the sixth day: God made all the animals and God made people. And God saw that it was good. God told the people to take care of everything He made!

(7) Then, on the seventh day, God looked over His good creation. And God (*pause*)...rested. *Have the children sit or lie down on the floor to signify peaceful, rest. Give them a few moments to experience rest.*

God did not rest because he was tired. God is so great and powerful! God never gets tired. God rested because he was finished creating the world! God wants us to be like Him. He wants us to rest too. God knows that we need rest if we want to do good work. What if we worked and played hard every day, day after day, and never took a break? What if we NEVER rested? What if we NEVER slept! I'm so glad that God gives us rest.

God also gives us a very special day each week called the Sabbath Day. Remember that word? Sabbath. The Sabbath day is a day of peaceful, rest. *Sign the words for "peace" and "rest" as you say them.* Now we call the Sabbath Day... Sunday. On Sunday we rest from our work AND we go to church to worship God. We remember everything God made.

Let's pray and thank God for his creation and ask him to teach us to rest. "Dear God, thank you for making this good world! Thank you for making us! God help us to remember to be like you. Teach us how to take care of your beautiful creation. Teach us how to rest. In Jesus name, amen."

**Bible Verse: "...on the seventh day God rested from all his work."** Genesis 2:2 NIRV

Grow At Home #8  
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Today the children learned these God facts:

- God made the world and rested when His work was done.
- God gives me rest.

**Live It Out:**

Today we learned a new word—*Sabbath*. Sabbath comes from the word *shabbat* in Hebrew, which means peace and rest. After God made the heavens and the earth and everything in it He declared, “It is good.” Then God rested, but not because He was tired. He rested because He was finished creating the world! God wants us to rest, too. He knows that children and adults need rest if we want to do good work. We can connect with God in special ways when we rest.

Be intentional this week about rest. Embrace a quiet hour with your child. Relax together. Be still, talk softly, and contemplate. Dim the lights, listen to soft music together and take a nap. You may choose to go on a quiet nature walk and look for beautiful things in God’s creation. Stop to notice the sunshine, flowers, green grass, water, etc. Look and listen. As you walk together, say aloud with your child, “Thank you God for \_\_\_\_.” At bedtime, read and pray over your child: “The Lord is my shepherd. He gives me everything I need. He lets me lie down in fields of green grass. He leads me beside quiet waters. He gives me new strength. He guides me in the right paths for the honor of his name.” Ps. 23:1-3 (NIRV)

**Prayer:** “Dear God, Thank you for making this good world! Thank you for making us! Teach us how to take care of your creation. Teach us how to rest. In Jesus’ name, amen.”

**Bible verse: Verse:** “...on the seventh day God rested from all his work.” Genesis 2:2 NIRV