

Taking A Day Of Rest

PRESCHOOL LESSON PLAN

Theme: Everyone needs a day of rest

Scripture: Genesis 2:2-3

Memory Verse: God rested on the seventh day. - Genesis 2:2

The Children's Sermon

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. Even God felt it was important to take a break. He created for six straight days and then rested on the seventh. Many adults work more than six or seven days without taking a day of rest. If we work too much without any breaks, we become very tired and not as productive as we could be. So we all need to make some time for rest, even if it can't be a full day.

Dear God, thank you for creating the heavens and earth and thank you for showing us that it is important to take a break and rest so we can renew our strength and energy. Amen.

Now, let's think about what rest and renewal mean. Rest is when we stop working and take time to relax. Renewal means getting our energy back so we can feel good and ready to do things again. It's like when you play hard and then take a break to sit down, drink some water, and catch your breath. After resting, you feel better and ready to play some more, right? That's rest and renewal in action!

God knew that rest and renewal were important not just for Him but for us too. He made the whole world in six days - the mountains, the oceans, the animals, and us! Then, He took a break. He showed us that after working hard, resting is what we need to do. It's a special time to recharge our "batteries" so we can be happy, healthy, and do our best.

Imagine if you had to go to school every single day without any weekends or holidays. You'd get really tired, wouldn't you? And if you were so tired, it might be hard to listen, learn, or even play. That's why breaks are so important. They help us to rest and get ready for new things.

God also made the world beautiful for us to enjoy during our times of rest and renewal. Have you ever felt better after spending time outside, maybe at a park or the beach? Nature is one of God's gifts to help us feel renewed. When we take time to look at the trees, listen to the birds, or watch the clouds, we're taking a break that helps us feel better.

Rest and renewal are not just about sleeping or doing nothing, though. They can also be about doing things we love that make us happy and don't make us tired. Maybe you like drawing, reading, or playing with your dog. These things can be restful too because they fill our hearts with joy and give us energy.

And did you know, when we rest and get renewed, we can be better friends and family members? It's true! When we're not too tired or grumpy, we can listen better, share more, and laugh louder. Rest and renewal help us to be the best we can be for the people around us.

God wants us to remember to rest and renew because He loves us. He knows that when we're rested, we're happier, healthier, and can do great things. Just like God rested on the seventh day, we should find time to rest and enjoy the wonderful world He made for us.

So, how can we make sure we get rest and renewal? We can start by setting aside a little time each day to do something relaxing. Maybe it's reading a book, praying, or playing quietly. We can also help our families remember to take breaks and have fun together. Going for a walk, having a picnic, or just sitting and talking can be great ways to rest and renew together.

Remember, rest and renewal are gifts from God. He showed us how important they are by resting on the seventh day. Let's follow His example and make sure we take time to rest and renew. This way, we can be our best selves, ready to learn, play, and help others.

Dear God, help us to remember to take time for rest and renewal. Thank you for the beautiful world you created for us to enjoy and for the example you set by resting. Help us to find joy and energy in our rest so we can be kind, happy, and ready for all the good things you have planned for us. Amen.

So, kids, let's think about this week. Can you find a special time each day for rest and renewal? Maybe it's a quiet moment in the morning, a peaceful break in the afternoon, or a calm time before bed. Whenever it is, use that time to relax, enjoy, and get ready for all the fun and learning ahead. Remember, God loves you and wants you to be happy and healthy, and rest and renewal are big parts of that.

Bible Memory Verse

God rested on the seventh day. - Genesis 2:2

You Will Need:

- Construction paper
- Markers or crayons
- Stickers of stars, animals, and plants

Get Ready:

- Cut the construction paper into large circle shapes to represent the world.
- Organize markers, crayons, and stickers into accessible containers for the children.

Do This:

1. Share the memory verse with the children and explain that after creating the world, God took a rest, showing us we should rest too.
2. Give each child a paper circle and ask them to decorate their 'world' with markers, crayons, and stickers to show all the wonderful things God created.
3. Encourage them to share their creation with the class, talking about what they love in the world and why it's important to rest and take care of it.

Bible Interactive Experience

You'll Need:

- Soft blankets or towels
- Stuffed animals
- Simple picture book about creation or rest
- Quiet music (optional)

Get Ready:

- Lay the blankets or towels in a circle on the floor.
- Place stuffed animals around the circle.
- Have the picture book and music player (if using) nearby.

Do this:

1. Gather the children on the blankets and tell them we're going to learn about rest.

Explain that even God rested on the seventh day after creating the world.

2. Show the picture book, turning the pages as you briefly narrate the story of creation, emphasizing the part where God rested.

3. Invite the children to pick a stuffed animal to "rest" with. Play quiet music if available, and encourage the children to lie down with their stuffed animals, pretending to rest like God did. Whisper to them that everyone needs rest, just like God rested on the seventh day.

Snack Activity: Rest Day Snack Boats

You'll Need:

- Whole grain bread slices
- Banana
- Peanut butter (or any child-safe spread)
- Blueberries

Get Ready: Gather all your materials on a clean table where the children can easily reach everything.

Do this:

1. Help the children spread peanut butter on the whole grain bread slice. This represents the land resting on the seventh day.
2. Slice the banana into rounds and let the children place them on top of the bread to create 'boats'. These boats symbolize our journey of rest and reflection.
3. Add blueberries around the boats to represent the water, reminding us that even bodies of water rest.
4. Enjoy eating the snack together while discussing the importance of rest, as God rested on the seventh day according to Genesis 2:2-3.

Game Activity: Restful Garden

You'll Need:

- A large blanket or sheet
- Soft toy animals
- Pillows or cushions

Get Ready: Spread the large blanket or sheet on the floor to represent your garden. Place the soft toy animals and pillows around the 'garden' area.

Do this:

1. Explain to the children that just like they need rest after playing, God made a special day of rest after creating the world. This day is like a peaceful garden where everything is calm and happy.
2. Invite the children to walk around the edge of the blanket, exploring the 'garden' with the toy animals, and talk about the things they enjoy doing on their day of rest.
3. When you say 'It's rest time!', everyone must find a spot in the garden to 'rest' by sitting or lying down on a pillow. Share that God rested on the seventh day, and we rest to remember His creation and enjoy the world around us.

Craft Activity: Day of Rest Pillow

You'll Need:

- White cotton pillowcase
- Fabric markers or crayons
- Stencils of stars, moon, and animals (optional)

Get Ready: Lay the pillowcase flat on a table, and place a cardboard inside it to prevent markers from bleeding through.

Do this:

1. Explain to the children that God rested on the seventh day after creating the world, and we also need a day of rest. Show them Genesis 2:2-3.
2. Let the children choose their favorite stencils of stars, the moon, and animals or draw freehand. They can decorate the pillowcase with these drawings to represent rest.
3. Encourage them to write their name and 'Day of Rest' on the pillowcase with the fabric markers. Help the younger children with writing if needed.

Prayer Activity: God's Rest Day Prayer

You'll Need:

- Soft blanket or large towel
- Picture of the Creation (optional)
- Simple musical instrument (like a tambourine or maraca)

Get Ready: Spread the soft blanket or large towel on the floor as a designated quiet area. If using, place the picture of the Creation where children can see it easily.

Do this:

1. Gather the children on the blanket and explain that even God rested on the seventh day after creating the world, showing us that everyone needs a day of rest.
2. Encourage the children to sit quietly for a moment, thinking about all the beautiful things God created. You can softly play the musical instrument to signal the start of quiet time.
3. Lead the children in a simple prayer, saying, 'Thank you, God, for the world. Thank you for days to play and days to rest. Help us remember to rest like you did. Amen.'
After the prayer, encourage the children to talk about their favorite part of God's creation or what they like to do on their day of rest.