

# Taking A Day Of Rest

## UPPER ELEMENTARY LESSON PLAN

**Theme:** Everyone needs a day of rest

**Scripture:** Genesis 2:2-3

**Memory Verse:** Genesis 2:3, 'Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.'

## 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

**Genesis 2:3, 'Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.'**

You Will Need:

- Construction paper
- Markers or crayons
- Scissors
- Stickers (optional)

Get Ready:

- Cut the construction paper into large, bookmark-sized strips.
- Write the memory verse on a whiteboard or large piece of paper where all the children can see it.

Do This:

1. Give each child a strip of construction paper and access to the markers, crayons, and stickers. Ask them to decorate their bookmark with images or patterns that remind them of rest, creation, or the Sabbath.
2. Encourage the children to write the memory verse on their bookmark, either by copying it from the board or with your help. They can decorate around the words with the markers, crayons, and stickers.
3. Once everyone has finished, gather the children in a circle and ask volunteers to share their bookmarks and what the verse means to them. Conclude by discussing the importance of rest and dedicating time to God.

# Bible Interactive Experience

## You'll Need:

- Paper and markers/crayons
- Bible or printed copy of Genesis 2:2-3
- Playdough or clay
- Timer
- "Rest Day" activity sheets (create sheets with puzzles, coloring pages, and questions about rest and Sabbath)
- Music player and calming music

## Get Ready:

- Set up a comfortable reading area.
- Prepare "Rest Day" activity sheets.
- Arrange playdough or clay on a table with enough space for each child.
- Create a playlist of calming music.

## Do this:

1. **\*\*Introduction and Reading\*\***: Gather the children in the reading area and introduce the topic: "Everyone Needs a Day of Rest." Read Genesis 2:2-3 together. Discuss what it means to rest and why God rested on the seventh day.
  
2. **\*\*Creative Time with Playdough\*\***: Move to the table with playdough or clay. Explain that they will create something that represents rest to them. It could be anything from nature, something they do to relax, or how they imagine the world looked when God rested. Set a timer for 15 minutes and play calming music while they work. Share creations and discuss.

3. **"Rest Day" Activity Sheets**: Hand out the "Rest Day" activity sheets. Explain that these sheets are designed to help them think more about the importance of rest and how they can incorporate rest into their own lives. They can work on these quietly at their own pace. Offer help as needed.

4. **Reflection and Sharing**: Once everyone is done, gather the group back together. Ask volunteers to share what they created with playdough and what they learned or thought about while doing the "Rest Day" activity sheets. Discuss how they can apply the principle of resting one day a week in their own lives.

5. **Closing**: Close with a prayer, asking God to help each student find rest in Him and to remember to take time to rest each week as He modeled for us.

## Snack Activity: Restful Eden Gardens

You'll Need:

- Graham crackers
- Green frosting or dyed coconut flakes (for grass)
- Assorted fruit (grapes, blueberries, strawberries, etc.)
- Animal crackers
- Small paper plates
- Plastic knives

Get Ready: Prepare a clean workspace with all the materials laid out. If using coconut flakes, add green food coloring to the flakes in a bowl and mix until you achieve a grass-like color.

Do this:

1. Have the children wash their hands. Then, explain that just as God rested on the seventh day, we also need rest and should create peaceful spaces in our lives. Genesis 2:2-3 tells us about God's rest after creating the world.
2. Give each child a paper plate and a few graham crackers. The graham crackers will serve as the 'land' in their garden. They can spread green frosting or sprinkle green coconut flakes onto the graham crackers to create 'grass.'
3. Next, let the kids place their assorted fruit on the graham cracker to represent the trees and plants in the Garden of Eden. They can then add animal crackers to inhabit their garden. While they work, discuss the importance of rest and having a day to recharge, just like God did.

## Game Activity: Rest Day Relay

You'll Need:

- A large open space (indoors or outdoors)
- Music player (for musical chairs)
- Chairs (one less than the number of participants)
- Creation cards (seven cards, each depicting one day of Creation)
- Rest cards (multiple cards with various restful activities written on them, e.g., reading, praying, napping)

Get Ready: Set up chairs in a circle for musical chairs. Place Creation cards in one corner of the room and Rest cards in another. Divide the children into two teams.

Do this:

1. Start with a game of musical chairs using the chairs set up in a circle. When the music stops, each child must find a chair to sit in. The child left standing is out for this

round but gets to pick a Creation card to read aloud to the group, reminding them of the work God did before resting.

2. After the musical chairs, gather the children and explain the importance of rest, as God rested on the seventh day (Genesis 2:2-3). Discuss how even God, in His infinite power, rested, showing us the importance of taking time to rest and rejuvenate.

3. For the Rest Day Relay, divide the children into two teams. Each team races to the corner with the Rest cards, picks one, and acts out the restful activity (e.g., pretend to nap, read a book, pray) before running back and tagging the next team member. The relay continues until all team members have had a turn. The first team to finish wins.

4. Conclude with a discussion on ways the children can incorporate rest into their weekly routines, emphasizing that rest is not just about sleeping but also about activities that rejuvenate us spiritually, mentally, and physically.

## Craft Activity: Sabbath Rest Diorama

You'll Need:

- A shoebox
- Construction paper (various colors)
- Markers or crayons
- Scissors
- Glue
- Small figurines or animal stickers
- Cotton balls or fabric scraps for clouds

Get Ready: Gather all your materials and clear a workspace. Read Genesis 2:2-3 together and discuss what it means to rest and why God rested on the seventh day.

Do this:



1. Use construction paper to line the inside of your shoebox, creating a background. You can draw or use blue and green papers to represent the sky and the earth.
2. On the bottom of the shoebox, create a small scene that represents rest. You could make a park, a quiet room, or any peaceful place. Use the markers, construction paper, and scissors to craft items for your scene.
3. Add figurines or animal stickers to your scene to show who might be enjoying the rest. Use cotton balls or fabric scraps to make clouds or blankets. On the outside of the shoebox, write Genesis 2:2-3 and decorate it. Discuss how you can incorporate rest into your weekly routine, just like God did.

## Prayer Activity: A Day of Rest: Creating Our Sabbath Prayer Boxes

You'll Need:

- Small cardboard or wooden boxes (one per child)
- Decorative materials (stickers, markers, glitter, etc.)
- Small notepads and pens

Get Ready: Prepare a comfortable and quiet space in your classroom where children can sit and reflect. Gather all the materials needed for the activity and set them out on a table.

Do this:

1. Begin with a discussion on Genesis 2:2-3, explaining how God rested on the seventh day after creating the world and made it holy. Emphasize the importance of rest and dedicating time to God.

2. Introduce the Sabbath Prayer Box activity. Explain that each child will decorate their own box as a special place to keep prayers, thoughts, or things they are thankful for that they want to remember on their day of rest.
3. Allow the children to decorate their boxes using the materials provided. Encourage creativity and personal expression.
4. Once the boxes are decorated, guide the children in writing their first prayer or note of thanks to place inside. This can be related to something they are thankful for from the past week or a prayer for rest and peace.
5. Conclude the activity with a group prayer, asking God to bless their Sabbath Prayer Boxes and help them find rest and rejuvenation on their days of rest.