

CREATION

“God Rested: Sabbath”

Series Objective: Students will learn:

- God is the Creator God
- God set an example for humanity in the Sabbath
- Humans were created for relationship with God and other Humans
- Humans, Male and Female, are created “In the image of God.”

Series Theme Verse: “So God created humanity in his own image, in the image of God he created them; male and female he created them.” Genesis 1:27

Lesson Objective: Students will understand that God rested as an example for us, and students will explore ways they can rest.

Lesson Passage: Genesis 1:1-2:4

Materials Needed: Bibles, Journals or paper, pens, index cards, sandwich bag with the theme verse cut apart into each word or phrases (enough for partners)

Lesson Plan:

The Story: Read Genesis 1:1 – 2:4 and then retell the story

Talking Points:

- According to 1:1, what is the most important thing about the Creation Narrative? (That God created the heavens and the earth, not how it happened)
- In 1:2, the narrator tells us there are two problems with the earth, what are they? (The earth is formless. The earth is empty or void.)
- We have two problems in creation, “formless” and “empty,” who is going to solve those problems? (God)
- In the first three days of creation, what problem with earth has God fixed? (Formless, because God has given the earth form: Day/Night, Sky, Land/Sea)
- In the second three days of creation, what problem with the earth has God fixed? (Empty, because he has filled the earth with stuff: Sun/Moon/Stars, Sea Creatures/Air Creatures, Land Creatures)
- What is special about humans in creation on the 6th Day (Hint: 1:27)? (Created in the image of God)
- Why do you think God said the 6th Day was “Very Good” when Days 1-5 were only “Good”? (God created humanity and created them in the image of God, but also because 2:1 says Creation was completed)
- What happened on the 7th day? (God rested from all his work.)

- What does it mean to rest? (cease work, refresh, recharge)
- Do you think God was tired and needed to rest? (No)
- Why do you think God rested? (As an example to humanity – If God rested, then we should rest.)
- How do you think God rested? (In verse 2, it says God rested from all his work. What does that look like?)
- How do you rest?
- What did God call the 7th day (Hint: 2:3)? (Holy – God blessed it)
- What does it mean that God made the 7th day holy? (He set it apart as a special day. It is not like all the other days of creation.)
- In Exodus 20:8-11, God commanded us to “Remember the Sabbath day by keeping it holy.” The Sabbath day is the 7th day. Six days you work, but the seventh day is a Sabbath to the Lord. Jews observe Sabbath on Saturday. (The 7th day of the week). No matter what day you rest, it is important for us to set aside one day during the week to rest physically from work/school, but also to refresh and recharge spiritually.
- This was not just a command to follow because God said so, but a basic need in our lives. Every 7th day our bodies need physical rest to recover from work and spiritual rest to worship, fellowship with God and develop our spiritual lives. – Taken from Heart of Hebrew History by H. L. Hester
- NIV Application Commentary says, “For Israel, observing the Sabbath meant stepping away from a self-focus and the needs that drove their existence six days a week. It offered a reset button in their lives that allowed them to regain God’s perspective.”
- How do we do this: rest, recharge, reset on the 7th day?
- How can we make sure we follow God’s example to rest?

The Story Retold:

- The students will journal individually on Sabbath rest. Each student will need a journal or paper to write on and a pen.
- Have the students spread out so they are by themselves with the least distractions.
- Encourage students throughout this activity to dig deep and think creatively – don’t just list - take a nap ☺
- Have the students start listing ways that they already rest physically during the week and then add to their list ways they should try to rest physically.
- Then have students write things they already do to recharge spiritually throughout the week and brainstorm new ways to recharge spiritually.
 - Ways to worship
 - Ways to fellowship with God
 - Ways to develop their spiritual life
- Give students an opportunity to share something they wrote in their journal.

The Story and Me:

- Have students look up Genesis 1:27.
- Remind students this is the Theme Verse for this series on Creation and say it together.
- What is our role in creation based on our lesson today? (rest on the 7th day like God)
- How many still have their card from last week with this verse?
- If anyone didn't make a card last week, then give them time to copy the verse onto an index card to keep.
- Have the students get a partner. Give each group a bag of words from the verse. Have the students work together to put the words in the correct order. You can make it a challenge and time them to see which group can do it the fastest or just who finishes first. You can repeat activity if time.
- Ask if anyone would like to say the verse from memory.