

It was good



Bible verses:

Genesis 1:1-23

The beginning of the world



Aim:

To learn the sequence of creation



In today's session the children will create their own jigsaw puzzle that reflects the wonder of God's world.

God's creation is like a beautiful, intricate jigsaw puzzle. On each day of the creation story the pieces were put in place to create our amazing world.

Each child will need:

- *Memory verse* wristband
- Pens/pencils
- A blank jigsaw puzzle, scissors and an envelope or small bag – see Action it
- *Explore it ideas* handout

You will need:

- Creation jigsaw pieces (one to five) ideally enlarged to A3 (and printed or backed on to card) and a way to display them, eg Blu-tak



Start it

Say:

We're going to have a very calm start to our *Explore it* session. This month we are exploring God's amazing creation of the world. Watch the clip and look for your favourite example of God's creation.

Video

***Seven worlds, one planet* extended trailer (ft Sia and Hans Zimmer)** by BBC (stop at 3:40)

Share the children's response to the clip and open the session in prayer, thanking God for his amazing creation.



Sing it

Give each member of the group a *memory verse wristband*.

Say:

Our memory verse for this month is found in the book of Psalms. In our final session we will look at these verses in more detail, but for now, let's read the memory verses together.

Memory verse

'I look up to the hills.
But where does my help come from?
My help comes from the Lord.
He made heaven and earth.'

(Psalm 121:1-2 *ICB*)

Say:

Our song for today introduces us to the whole of Psalm 121.

Song

'Psalm 121' ([lyric video](#)) by The Corner Room (4:13)



Tell it

Ask:

What is the name of the book in the Bible where we find the creation story?

Say:

We discover the creation story in the first book of the Bible, Genesis. Like the pieces of a jigsaw, God created the different parts of the world. They all came together to make a beautiful creation. Let's watch a clip that shows us the whole story, and then each week we'll focus on one small part.

Video

Creation (Genesis 1-2) by Saddleback Kids (3:47)

Say:

Over the next few sessions we are going to put together our creation jigsaw as we learn about the way God made the Earth.

Creation jigsaw

For today's session you will need *Creation jigsaw pieces* one to five.

For each piece of the jigsaw, read through the Scripture, discussing what God created on that day, and ask the children how that could be represented on the jigsaw piece.

You can do this in different ways. You could work as a whole group discussing the Bible passages together and then asking children to add their drawings around the Bible text. Alternatively you could give smaller groups of children responsibility for one jigsaw piece each to discuss and decorate. The aim is to have the first five pieces of the jigsaw in place by the end of the Tell it section.

Please note

As you share the creation story, the children's questions may prompt a discussion about what different Christians believe about how the world was made. Some of the children may have the idea that science and the story of creation are not linked, but that isn't necessarily the case. Many scientists are Christians and believe that science explains our amazing world and the way it was created – and that God created the world.

Jigsaw piece number one

God created the world

'In the beginning God created the sky and the earth. The earth was empty and had no form. Darkness covered the ocean, and God's Spirit was moving over the water.'

(Genesis 1:1-2 ICB)

Jigsaw piece number two

Day one: God created day and night

'Then God said, "Let there be light!" And there was light. God saw that the light was good. So he divided the light from the darkness. God named the light "day" and the darkness "night". Evening passed, and morning came. This was the first day.'

(Genesis 1:3-5 ICB)

Jigsaw piece number three

Day two: God created sky and water

'Then God said, "Let there be something to divide the water in two!" So God made the air to divide the water in two. Some of the water was above the air, and some of the water was below it. God named the air "sky". Evening passed, and morning came. This was the second day.'

(Genesis 1:6-8 ICB)

Jigsaw piece number four

Day three: God created dry land and plants

‘Then God said, “Let the water under the sky be gathered together so the dry land will appear.” And it happened. God named the dry land “earth”. He named the water that was gathered together “seas”. God saw that this was good.

‘Then God said, “Let the earth produce plants. Some plants will make grain for seeds. Others will make fruit with seeds in it. Every seed will produce more of its own kind of plant.” And it happened. The earth produced plants. Some plants had grain for seeds. The trees made fruit with seeds in it. Each seed grew its own kind of plant. God saw that all this was good. Evening passed, and morning came. This was the third day.’

(Genesis 1:9-13 ICB)

Jigsaw piece number five

Day four: God created the sun, moon and stars

‘Then God said, “Let there be lights in the sky to separate day from night. These lights will be used for signs, seasons, days and years. They will be in the sky to give light to the earth.” And it happened.

‘So God made the two large lights. He made the brighter light to rule the day. He made the smaller light to rule the night. He also made the stars. God put all these in the sky to shine on the earth. They are to rule over the day and over the night. He put them there to separate the light from the darkness. God saw that all these things were good. Evening passed, and morning came. This was the fourth day.’

(Genesis 1:14-19 ICB)

Action it

Say:

When God created the world, it was like a dazzling jigsaw puzzle where all the pieces of his creation slotted together perfectly. Today we are going to create our own jigsaw representing God’s amazing world.

If they need ideas, you could re-play the *Planet Earth* clip from the starter activity. If necessary, the children could complete their jigsaw at home. Give them an envelope or small bag to take their jigsaw home in as they will need it for their *Explore it ideas* activity at home.

Make your own jigsaw

– Video by Twinkl

The jigsaw pieces are drawn on one side of the sheet and the drawing on the reverse. Depending on the ability of your group, you may want to prepare the jigsaw side of the card in advance.

Print out a blank puzzle

- Templatelab.com
- Dltk-kids.com

Choose puzzles that are easy to cut out.

Buy blank puzzle pieces

- Baker Ross
- Amazon

If the budget allows, you may like to order jigsaw puzzle blanks so that the children can focus on their creation picture.



Pray it

Say:

As we look at God's creation, we have so much to be thankful for.

Ask:

Which part of God's creation are you most thankful for?

Ask the group to stand in a circle. Start a thanksgiving prayer with the words, 'Dear God, thank you for your amazing creation.' Go around the circle asking each child to complete the sentence, 'I am thankful for (name a part of God's creation).'

When each child has had a turn, then bring the prayer time to a close. If you like, you could finish the session with the following song of thanksgiving.

Video

'If I were a butterfly' (lyrics and music) 'The butterfly song' by Brian Howard, uploaded by Unreached Corners (3:09)



Explore it

Remember to send home the *Explore it ideas* for children and families.



Explore it is produced by the Children and Youth Department in collaboration with Kay Moorby (soulwithaview)

It was good

Here are some ideas for you to explore at home.



Bible verses:
Genesis 1:1-23
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Aim:
To learn the sequence of creation

Discover

Explore the *National Geographic* children's website: www.natgeokids.com/uk/category/discover

Find three fascinating facts about God's creation to share at the next Explore it session.

Solve

See if someone at home can piece together your creation jigsaw. Share with them what you have discovered about the way God created the world.

Song for the week

'Psalm 121' (lyric video) by The Corner Room

Memory verse

'I look up to the hills.
But where does my help come from?
My help comes from the Lord.
He made heaven and earth.'

(Psalm 121:1-2 ICB)

**LIVING
OUT FAITH**

Kids Alive! Online - salvationarmy.org.uk/kidsalive

Kids Alive! The UK's only weekly Christian comic - is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!



Children
& Youth

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Memory verse

'I look up to the hills.
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(Psalm 121:1-2 *ICB*)

Sing It

'If I were a butterfly' (lyrics and music)**'The butterfly song'** by Brian Howard,
uploaded by Unreached Corners (3:09)**'Wonderful Lord'** by Doug Horley, uploaded
by Springwood Kids (3:23)

Start it

There are five special days at the start of the Bible where God was busy making things. Do you like making things?

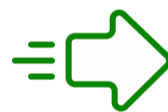


Tell it

Share a child-friendly version of Genesis 1:1-23.

Sit in a circle and ask the group to share together:

- What is your favourite colour?
- What is your favourite animal?
- What might we see if we went walking in the woods?
- How many days do you think it will take God to make the world? Today we learn what he did in five days.
- Do you prefer the daytime or nighttime?

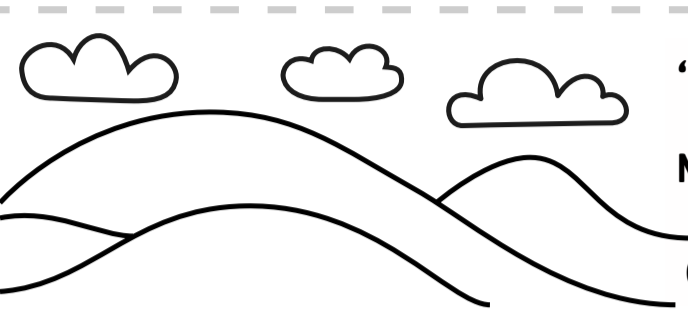


Action it

Games and activities to reinforce the Bible passage:

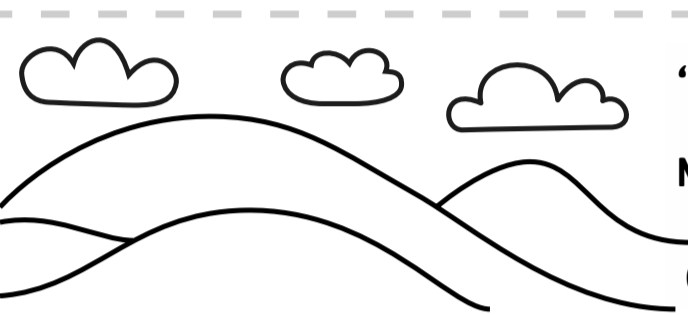
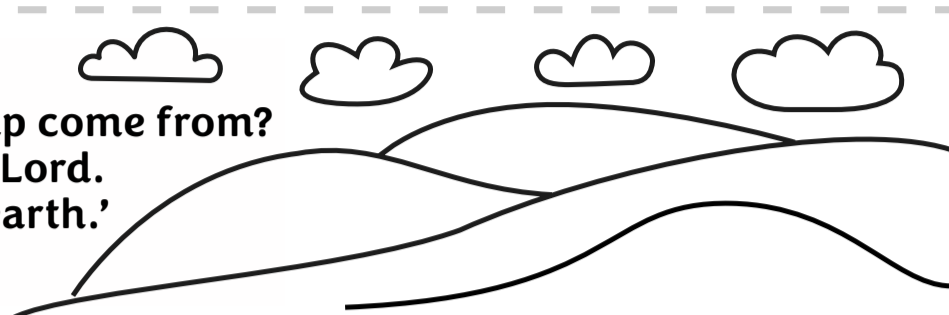
- move like your favourite animal so that the rest of the group have to guess it
- finding objects of your favourite colour
- counting games to five
- making noises of the sea, the sky, birds, fish, night and day





**'I look up to the hills.
But where does my help come from?
My help comes from the Lord.
He made heaven and earth.'**

(Psalm 121:1-2)



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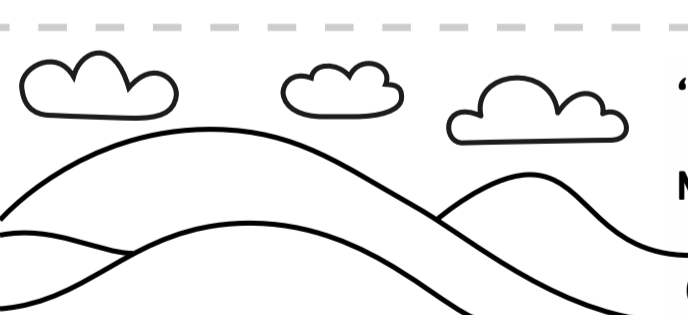
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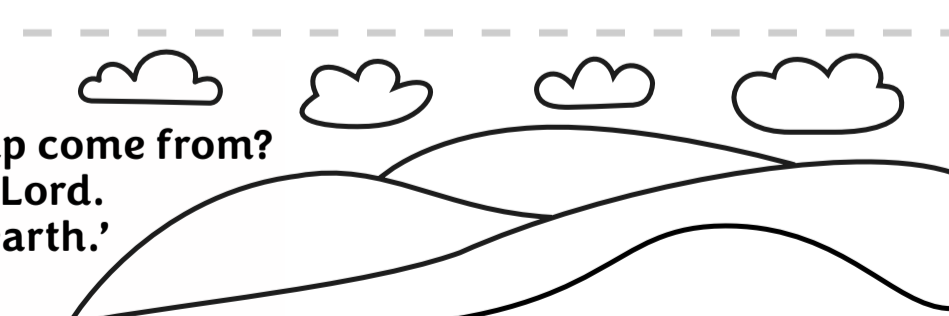
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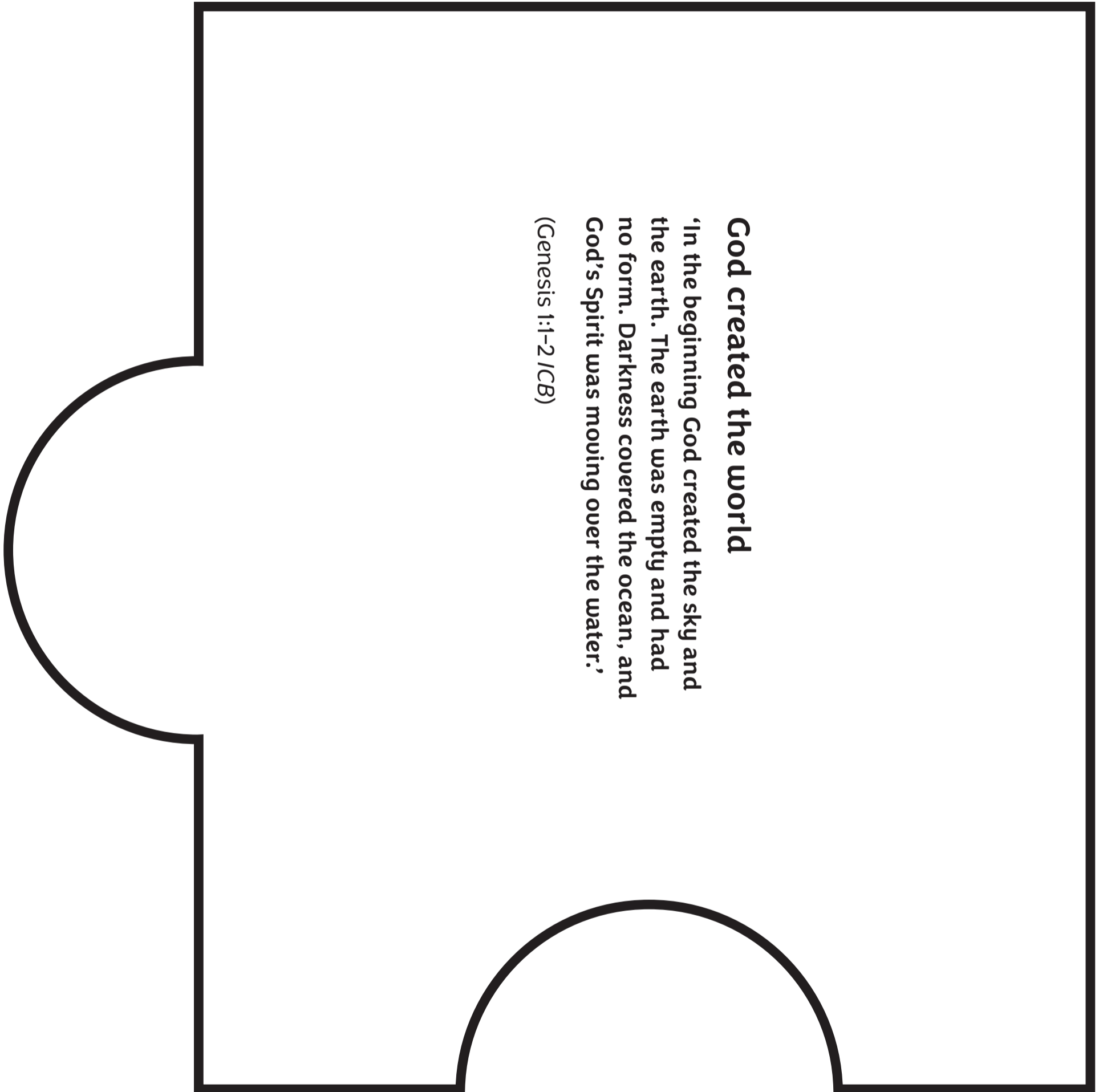
(Psalm 121:1-2)



God created the world

'In the beginning God created the sky and the earth. The earth was empty and had no form. Darkness covered the ocean, and God's Spirit was moving over the water.'

(Genesis 1:1-2 /CB)



Day one: God created day and night

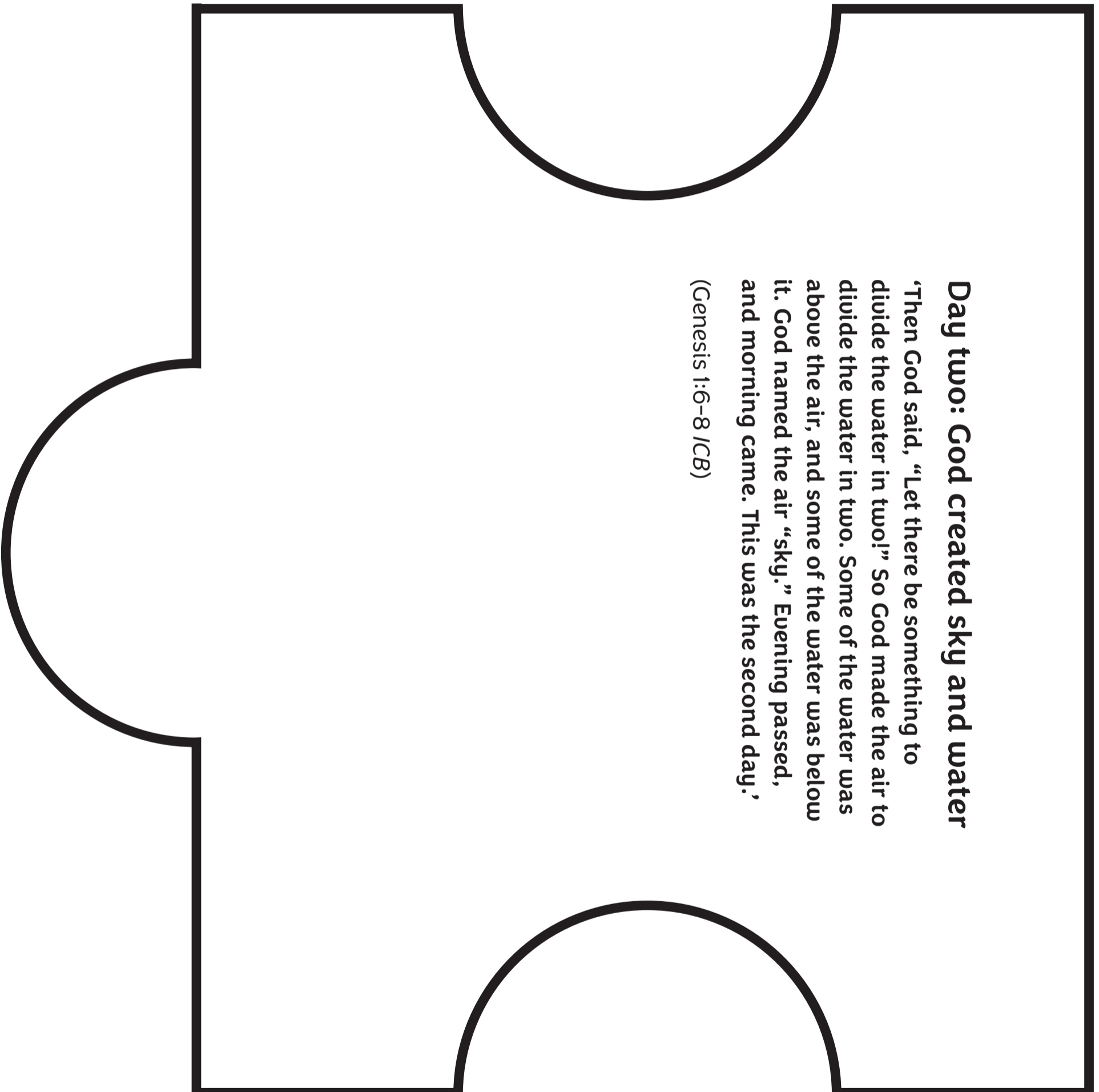
‘Then God said, “Let there be light!” And there was light. God saw that the light was good. So he divided the light from the darkness. God named the light “day” and the darkness “night.” Evening passed, and morning came. This was the first day.’

(Genesis 1:3-5 /CB)

Day two: God created sky and water

'Then God said, "Let there be something to divide the water in two!" So God made the air to divide the water in two. Some of the water was above the air, and some of the water was below it. God named the air "sky." Evening passed, and morning came. This was the second day.'

(Genesis 1:6-8 /CB)



Day three: God created dry land and plants

‘Then God said, “Let the water under the sky be gathered together so the dry land will appear.” And it happened. God named the dry land “earth.” He named the water that was gathered together “seas.” God saw that this was good.’

‘Then God said, “Let the earth produce plants. Some plants will make grain for seeds. Others will make fruit with seeds in it. Every seed will produce more of its own kind of plant.” And it happened. The earth produced plants. Some plants had grain for seeds. The trees made fruit with seeds in it. Each seed grew its own kind of plant. God saw that all this was good. Evening passed, and morning came. This was the third day.’

(Genesis 1:9-13 /CB)

Day four: God created the sun, moon and stars

‘Then God said, “Let there be lights in the sky to separate day from night. These lights will be used for signs, seasons, days and years. They will be in the sky to give light to the earth.” And it happened.

‘So God made the two large lights. He made the brighter light to rule the day. He made the smaller light to rule the night. He also made the stars. God put all these in the sky to shine on the earth. They are to rule over the day and over the night. He put them there to separate the light from the darkness. God saw that all these things were good. Evening passed, and morning came. This was the fourth day.’

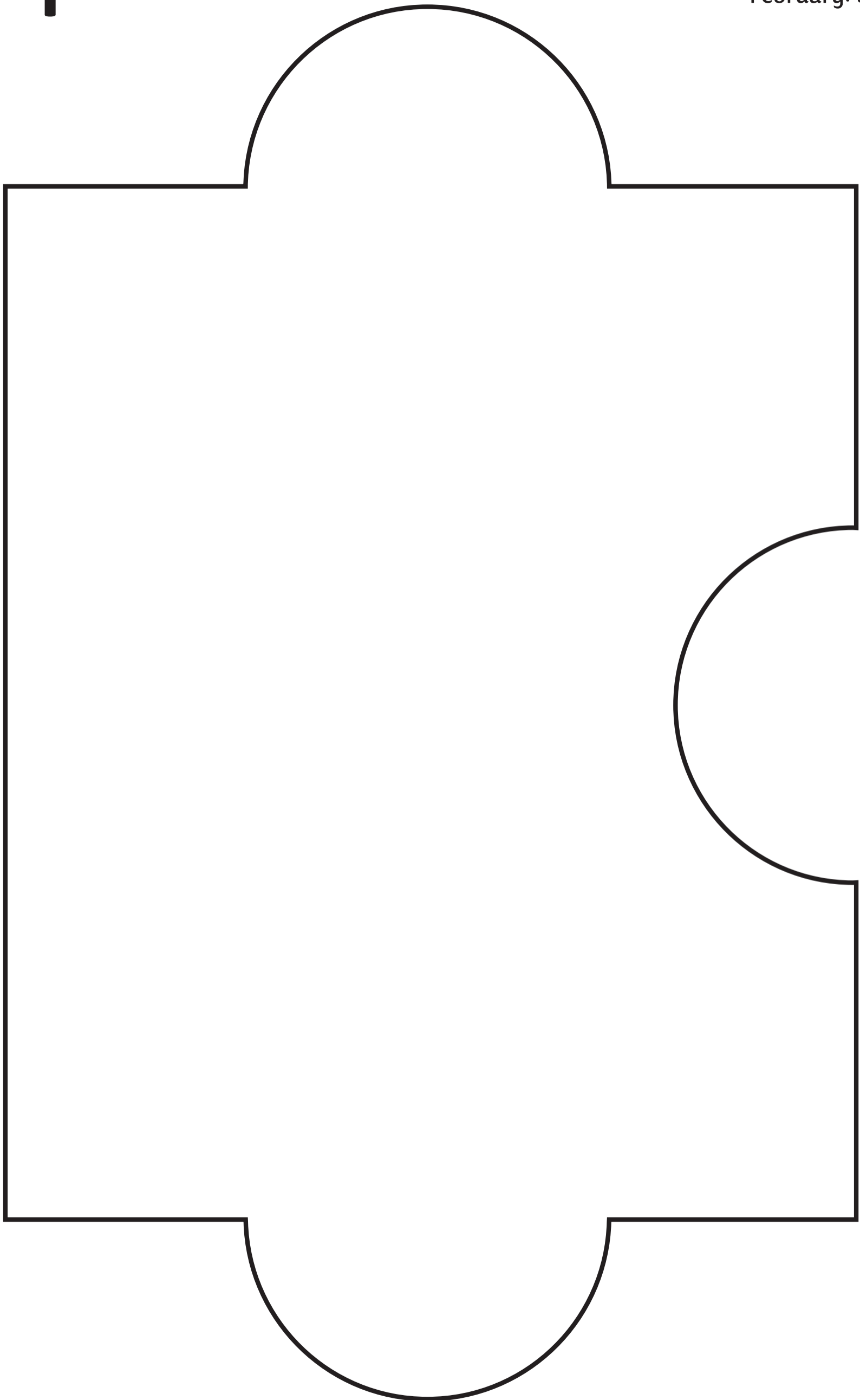
(Genesis 1:14-19 /CB)

Day five: God created the creatures of the sky and the water

‘Then God said, “Let the water be filled with living things. And let birds fly in the air above the earth.”

‘So God created the large sea animals. He created every living thing that moves in the sea. The sea is filled with these living things. Each one produces more of its own kind. God also made every bird that flies. And each bird produces more of its own kind. God saw that this was good. God blessed them and said, “Have many young ones and grow in number. Fill the water of the seas, and let the birds grow in number on the earth.” Evening passed, and morning came. This was the fifth day.’

(Genesis 1:20-23 /CB)



Day Seven: God rested

‘So the sky, the earth and all that filled them were finished. By the seventh day God finished the work he had been doing. So on the seventh day he rested from all his work. God blessed the seventh day and made it a holy day. He made it holy because on that day he rested. He rested from all the work he had done in creating the world.’

(Genesis 2:1-3 /CB)

Days five and six were good too



Bible verses:

Genesis 1:24-31, 2:7-9,15-17,20-22

The first people



Aim:

To reflect on how we 'rule' the Earth



In today's session the children will have an opportunity to consider how they were made in the image of God and have a vital role to play in caring for God's creation.

After recapping the days of creation, we will think about what it means for humans for rule 'the fish of the sea and the birds of the air'.

Each child will need:

- Pens/pencils and paper
- *A World prayer*
- *Explore it ideas* handout

You will need:

- The *creation jigsaw pieces* from last week (pieces 1-5)
- *Creation jigsaw pieces* (six and seven) ideally A3 (and printed or backed on to card) and a way of displaying the pieces together, eg Blu-Tak
- A large sheet of paper and pens to list ideas on
- *World Prayer* handout - cut out a world for each child. There are coloured and greyscale options.

Last week in *Explore it ideas* the children were encouraged to do some research at home - to find three fascinating facts about God's creation. The children may like to share these at some point in the session.



Start it

Ask the children to stand in the middle of the room. Explain that you are going to read a statement about a British monarch, and they need to decide if it is true or false. If it is true, they run to the left of the room, and if it is false they will run to the opposite side. Return the children to the middle of the room before reading each next statement.

1. King Edward II used to give two of his closest friends lots and lots of gifts.

True or false: This annoyed his wife so much that she raised an army to steal his crown.

TRUE. His wife, Queen Isabella of France, got rid of her husband the king and put their 14-year-old son, Edward III, on the throne.

2. True or false: A young boy called Lambert Simnel claimed the crown from King Henry VII and became king.

FALSE. Lambert Simnel tried to claim the crown by pretending to be King Edward IV, one of the missing princes, but he was found out. King Henry VII made him work in the royal kitchens as a punishment. As Tudor punishments go, Lambert did rather well there!

3. There was a time when England didn't have a king or queen and the country was ruled by Oliver Cromwell.

True or false: Cromwell loved parties and singing, and his favourite celebration was Christmas.

FALSE. Cromwell was very religious, and he believed that people should lead simple lives. He banned drinking, gambling and dancing, as well as Christmas and Easter celebrations.

4. When Queen Elizabeth I travelled around the country she often stayed with noblemen in luxurious houses.

True or false: In honour of her visit, some noblemen redesigned and built extensions on their houses so that they were in the shape of a capital letter E.

TRUE. The noblemen would spend huge amounts of money to be ready for the queen's stay, and some did convert their houses into the shape of an E.

5. True or false: King James V of Scotland got the nickname 'King of the Commons' because he often dressed up in normal clothes and pretended to be a farmer.

TRUE. King James V would wander around Scotland dressed as a farmer so that he could meet the ordinary people of his kingdom.

6. Bonnie Prince Charlie, who led uprisings in support of his claim to the throne, was defeated at the Battle of Culloden Moor and then went on the run.

True or false: He escaped capture by sailing off by himself on a huge luxurious boat.



FALSE. Charlie escaped with help from a woman called Flora McDonald, escaping on a small boat. He had to dress as her maid to hide his identity.

7. Queen Victoria married Prince Albert of Germany in 1840.

True or false: Prince Albert is a main reason we decorate trees at Christmas.

TRUE. Prince Albert brought the tradition of decorating trees at Christmas from his home country of Germany when he moved to England.

8. True or false: Queen Elizabeth II's favourite type of dog was the Dalmatian.

FALSE. Queen Elizabeth II's father gave her a corgi dog as a gift when she was a child. As well as owning other pets, she had more than 30 corgis over her lifetime!

Quiz adapted from *Sticker Kings and Queens* by Usborne Publishing Ltd.

Say:

All of these humans were given the opportunity to rule their kingdoms in different ways. Some made wise decisions, others did not. Today we will be thinking about what it means to 'rule' over this world.



Sing it

Give each member of the group a memory verse wristband.

Say:

In the last session we started to look at the way God created the Earth. Our memory verses remind us that God is the maker of Heaven and Earth. Let's share our memory verses together.

Memory verse

'I look up to the hills.
But where does my help come from?
My help comes from the Lord.
He made heaven and earth.'

(Psalm 121:1-2 ICB)

Say:

Our song for today reminds us that God wants us to look after the world he created.

Song

'One planet' Right Tracks by The Salvation Army



Tell it

Creation jigsaw

For today's session you will need jigsaw pieces one to five from the last session. As you place the jigsaw together, briefly recap the days of creation covered so far. See if the children can remember what God created each day.

In the same way as last week, discuss days five and six (jigsaw pieces six and seven) and ask the children to add their illustrations to the jigsaw pieces. The Scriptures are provided below.

Jigsaw piece number six

Day five: God created the creatures of the sky and the water

'Then God said, "Let the water be filled with living things. And let birds fly in the air above the earth."

'So God created the large sea animals. He created every living thing that moves in the sea. The sea is filled with these living things. Each one produces more of its own kind. God also made every bird that flies. And each bird produces more of its own kind. God saw that this was good. God blessed them and said, "Have many young ones and grow in number. Fill the water of the seas, and let the birds grow in number on the earth." Evening passed, and morning came. This was the fifth day.'

(Genesis 1:20-23 ICB)

Jigsaw piece number seven

Day six: Land animals and humans

'Then God said, "Let the earth be filled with animals. And let each produce more of its own kind. Let there be tame animals and small crawling animals and wild animals. And let each produce more of its kind." And it happened.

'So God made the wild animals, the tame animals and all the small crawling animals to produce more of their own kind. God saw that this was good. Then God said, "Let us make human beings in our image and likeness. And let them rule over the fish in the sea and the birds in the sky. Let them rule over the tame animals, over all the earth and over all the small crawling animals on the earth."

'So God created human beings in his image. In the image of God he created them. He created them male and female. God blessed them and said, "Have many children and grow in number. Fill the earth and be its master. Rule over the fish in the sea and over the birds in the sky. Rule over every living thing that moves on the earth."

'God said, "Look, I have given you all the plants that have grain for seeds. And I have

given you all the trees whose fruits have seeds in them. They will be food for you. I have given all the green plants to all the animals to eat. They will be food for every wild animal, every bird of the air and every small crawling animal.” And it happened. God looked at everything he had made, and it was very good. Evening passed, and morning came. This was the sixth day.’

(Genesis 1:23-31 ICB)

Say:

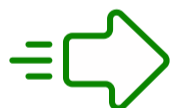
In Genesis 2 we discover more about how God created Adam and Eve. Watch the clip to discover more about how God created people.

Video

God’s story: God made people by Crossroads Kids’ Club (3:57)

Discuss:

- How did God create the first man and woman?
- Whose image or likeness were they made in?
- Does that mean that you are made in the image or likeness of God? Explain your answer.
- What task were Adam and Eve given by God?
- If we are humans like Adam and Eve, do you think we have been given the same task as them, to rule over the fish of the sea and birds of the air? Explain your answer.
- What special gifts and abilities do humans have that can be used to care for God’s creation?



Action it

Ask:

- Would you like to live in a world where there are no rules?
- What would it be like?

Initially the children may think a world with no rules is a good idea. Encourage them to consider the consequences of a world with no rules.

Say:

When God created Adam and Eve he gave them some clear rules to follow.

Read:

‘The Lord God put the man in the garden of Eden to care for it and work it. The Lord God commanded him, “You may eat the fruit from any tree in the garden. But you must not eat the fruit from the tree which gives the knowledge of good and evil. If you ever eat fruit from that tree, you will die!”’

(Genesis 2:15-17 ICB)

Say:

It may seem a bit over the top to lose your life for eating an apple, but God wanted to let Adam and Eve know that 'the knowledge of good and evil' should only belong to him. God created the world, and he was the best one to decide how it should be cared for.

Ask the children to create a guide to caring for the creation for humans. Remind the children that humans have been given the responsibility of caring for God's world in the way he would like. Discuss ideas together and list them as an ideas bank for the children to use. They can work individually or in pairs to create their guide. After they have completed the activity, they can share their guide together.



Pray it

Read:

'God looked at everything he had made, and it was very good. Evening passed, and morning came. This was the sixth day.'

Genesis 1:31 (ICB)

Ask:

- What did God think of the world he created?
- How should this influence how we see God's creation?

Say:

It is important that we take time to think about the ways mankind has broken God's rules about caring for his creation. We need to take a moment to say sorry to God and make sure that we will try and do better in the future.

Ask:

In what ways do humans break God's rules about caring for his creation?

Say:

Tuesday 13 February is Shrove Tuesday. The word 'shrove' comes from the old English word 'shriven' which meant going to church to tell the priest what you had done wrong and ask for God's forgiveness. In our prayer time today we are going to think about the things we need to say sorry for.

Ask:

What are some of the ways that you could take better care of God's creation?

Give each member of the group a world prayer circle. The children can write a short prayer on it, asking God for forgiveness for any area where they have not cared for his planet, and then ask for his help and guidance to change this behaviour in the future. You may like to write your own prayer as an example to show the children.



Share your prayers together and then encourage the children to take them home to use as part of the *Explore it ideas*.

Explore it

Remember to send home the *Explore it ideas* for children and families.



Explore it is produced by the Children and Youth Department in collaboration with Kay Moorby (soulwithaview)

Days five and six were good too

Here are some ideas for you to explore at home.



Bible verses:

Genesis 1:24-31, 2:7-9,15-17,20-22
The first people



Aim:

To reflect on how we 'rule' the Earth



Pray

Take some time each day to pray using the prayer you created in this week's *Explore it* session.

How could you turn your prayers into action and care for God's creation?



Bake

Why not get creative this Pancake Day!

Ask someone at home to help you make the farmyard animal pancakes shown in the recipe.

www.charlotteslivelykitchen.com/farmyard-animal-pancakes



Song for the week

'One Planet' Right Tracks by The Salvation Army



Memory verse

'I look up to the hills.

But where does my help come from?

My help comes from the Lord.

He made heaven and earth.'

(Psalm 121:1-2 *ESV*)

**LIVING
OUT FAITH**

Kids Alive! Online - salvationarmy.org.uk/kidsalive

Kids Alive! The UK's only weekly Christian comic - is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!



Children
& Youth

The sixth day was good too

**Bible verses:**

Genesis 1:24-31, 2:7-9,15-17,20-22
The first people

**Aim:**

To reflect on how we 'rule' the Earth



Memory verse

'I look up to the hills.
But where does my help come from?
My help comes from the Lord.
He made heaven and earth.'

(Psalm 121:1-2 *ICB*)



Sing It

'The wise man built his house upon the rock' by Tiny Tree Tunes uploaded by Lithos Kids. Just the first two verses (1:35)

'All through history' Nicky & Becky Drake by Worship For Everyone (3:36)



Start it

Today we are going to learn about the way that we look after our planet, including animals and people.

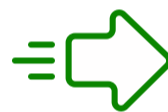


Tell it

Share a child-friendly version of Genesis 1:24-31; 2:7-9,15-17,20-22.

Sit in a circle and ask the group to share together:

- Who tells you what to do?
- Do we tell animals what to do?
- How do we show we care for animals?
- How do we show we care for one another?
- What would you do if you ruled the world?



Action it

Games and activities to reinforce the Bible passage:

- counting games to six
- spot the difference between pictures of trees
- miming as if walking through gardens
- how many animal names can you think of?
- pretending to flip pancakes for Shrove Tuesday







The power of rest



Bible verses:

Genesis 2:1-3

The seventh day – rest



Aim:

To discover that ‘rest’ isn’t just physical recovery;
‘rest’ trusts God



In today’s session we discover how God spent the final day of his creative week.

We will recap each day of the creation story and think about the importance of rest in our everyday lives. We’ll discover how resting in God means trusting him with our time and valuing the way he created us.

Each child will need:

- *Science of sleep* handout
- Pens/pencils and paper
- *Explore it ideas* handout

You will need:

- *Rest in God* handout, cut out the Scripture verses and hide them around the room before the session starts. (Each child will take a verse home, so you will need more to hand if you have more than 12 children in your group.)
- Music for the ‘Musical rest’ game – see Action it
- A way of filming the children and filming permission (optional activity) – see Pray it



Start it

Give each member of the group a *Science of sleep* handout. Explain that our session today is all about the importance of rest. Getting a good night’s sleep is an important part of resting properly. Ask the children to answer as many questions as they can while watching the clip. Once the clip is finished, go through the answers and use them as a starter for a discussion about the children’s sleeping habits!

Video

Science for kids - Science of Sleep by Operation Ouch (3:51)

Science of Sleep

Say:

See how many of the questions you can answer as you watch the clip. Here is some important information to help you.

- Dr Chris is wearing stripy blue pyjamas.
 - Dr Xand is wearing a colourful onesie.
1. How much of our lives do we spend asleep? **A third**
 2. Is sleep essential or optional? **Essential**
 3. There are two types of sleep and they recharge the **brain** and the **body**.
 4. What is the name of Dr Xand's teddy bear? **Mr Grumbles**
 5. How much sleep did Dr Chris get? **Two and a half hours**
 6. How much sleep did Dr Xand get? **Four and a half hours**
 7. How much sleep do children need every night? **At least eight hours**
 8. How long did Dr Xand dream for? **Half an hour**
 9. Why do some people snore? **They can't move air freely through their nose and mouth when they sleep.**
 10. Sum up in one sentence why sleep is so important.



Sing it

Say:

Let's share our memory verses together.

Memory verse

**'I look up to the hills.
But where does my help come from?
My help comes from the Lord.
He made heaven and earth.'**

(Psalm 121:1-2 ICB)

Say:

Our song for today reminds us that when we look up to the hills, we are loved and supported by a God who is good in every way.



Song

'Good in every way' Roar VBS by Lifetree Kids (until 2:30)

Tell it

Creation jigsaw

For today's session you will need jigsaw pieces one to seven from the last session. As you place the jigsaw together, briefly recap the days of creation covered so far. See if the children can remember what God created each day.

Ask:

- How do you think God was feeling after such a busy week?
- Do you think God ever gets tired?

Say:

Let's see what God did on day seven of the creation story.

In the same way as last week, discuss day seven (jigsaw piece eight) and ask the children to add their illustrations to the final jigsaw piece. The Scriptures are provided below.

Jigsaw piece number eight

Day Seven: God rested

'So the sky, the earth and all that filled them were finished. By the seventh day God finished the work he had been doing. So on the seventh day he rested from all his work. God blessed the seventh day and made it a holy day. He made it holy because on that day he rested. He rested from all the work he had done in creating the world.'

(Genesis 2:1-3 ICB)

Ask:

- Do you have a day each week that is different from the others?
- Is there more opportunity to rest on this day?
- How do you and your family choose to rest and relax?

Say:

It is important that we have a day where we take time to rest. This day is special and one that we can give to God.

Ask:

How can we 'give a day' to God?



Say:

By taking a break from our usual activities, our bodies can recover their strength and our minds can perhaps enjoy some sleep and we can make time for the people we love. When we stop our busyness and activity, we are trusting that God is enough.

Video

The best rest ever! Animated Bible Stories for Kids by Minno Bible Stories (2:55)

Ask:

What does the clip teach us about resting in God?

Action it

Ask the children to come and sit in a circle. The *Rest in God* Scripture verses will already be hidden around the room.

Play a game of 'musical rest':

- When the music starts, the children go and find the hidden Scripture verses.
- When the music stops, the children run back to the circle and perform an action that demonstrates that they are 'resting'. They can choose whatever action they think represents rest, including lying on the floor or snoring loudly!
- When they are all settled in the circle, ask them to share the Scripture verses and place them in the centre of the circle.
- The cycle repeats until they have found all the Scripture verses about rest.

Ask:

What do the Scripture verses teach us about the importance of resting and trusting God?

Pray it

The Pray it section for today is divided into two parts. The first part is optional. If you have more than 12 children in your group, you will need extra copies of the Bible verses.

Part one (optional)

Create video clips of the children reading the different verses about rest from the Action it section. These could be joined together later and shared with the rest of the church. As always, photo and video permission will need to be considered.

Place all the verses back in the centre of the circle once the videos are completed.



Part two

Ask the children to choose a verse from the centre of the circle. Go around the circle and ask the children to read their verse. Explain that they can take their verse home to use as part of the *Explore it ideas* activity.

Bring the session to a close in prayer.

Explore it

Remember to send home the *Explore it ideas* for children and families.



The power of rest

Here are some ideas for you to explore at home.



Bible verses:
Genesis 2:1-3
The seventh day – rest



Aim:
To discover that ‘rest’ isn’t just physical recovery; ‘rest’ trusts God



Notice

As part of the prayer time in this week, you chose a Bible verse to take home.

Read through your Bible verse every day this week and reflect on what it teaches you about resting in God.



Rest

What is your family’s favourite way to relax?

Discuss with your family a way that you can all rest and relax together and set aside a time to make it happen.



Song for the week

‘Good in every way’ Roar VBS by Lifetree Kids



Memory verse

‘I look up to the hills.
But where does my help come from?
My help comes from the Lord.
He made heaven and earth.’

(Psalm 121:1-2 ICB)

**LIVING
OUT FAITH**

The power of rest

**Bible verses:**

Genesis 1:31; 2:1-3
The seventh day – rest



Memory verse

**'I look up to the hills.
But where does my help come from?
My help comes from the Lord.
He made heaven and earth.'**

(Psalm 121:1-2 *ICB*)



Start it

Sometimes we just need a sit down or a sleep for our bodies to recover. On the seventh day God's work in creation was completed with rest. He called it a 'holy' day or a 'holiday'.



Tell it

Share a child-friendly version of Genesis 1:31; 2:1-3.

Sit in a circle and ask the group to share together:

- Where is your favourite place to fall asleep?
- Why do our bodies need rest?
- Describe your favourite holiday.
- If the week had an extra day, how would you use it?

**Aim:**

To know how important rest is to our bodies

- I wonder what you might dream about when you next sleep?
- Do you ever daydream or look up at the stars?



Sing It

'Great big God!' Vineyard Kids, Vineyard Worship UK and Ireland (2:51)

'Jesus Song' by Saddleback Kids (2:45) This song tells us about the amazing thing Jesus did.



Action it

Games and activities to reinforce the Bible passage:

- exercises which make us tired, eg star jumps and running on the spot, then feeling our heartbeat
- being still games, eg sleeping lions and musical statues
- counting games to seven
- drawings of holiday places / dreams / the stars at night



Dr Chris



Dr Xand

1. How much of our lives do we spend asleep?
2. Is sleep essential or optional?
3. There are two type of sleep and they recharge the _____ and the _____ .
4. What is the name of Dr Xand's teddy bear?
5. How much sleep did Dr Chris get?
6. How much sleep did Dr Xand get?
7. How much sleep do children need every night?
8. How long did Dr Xand dream for?
9. Why do some people snore?
10. Sum up in one sentence why sleep is so important.

‘Come to me, all of you who are tired and have heavy loads. I will give you rest.’

(Matthew 11:28 *ICB*)

‘I go to bed and sleep in peace. Lord, only you keep me safe.’

(Psalm 4:8 *ICB*)

‘This shows that the seventh-day rest for God’s people is still coming. For anyone who enters and has God’s rest will rest from his work as God did.’

(Hebrews 4:9-10 *ICB*)

‘Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks. And God’s peace will keep your hearts and minds in Christ Jesus. The peace that God gives is so great that we cannot understand it.’

(Philippians 4:6-7 *ICB*)

‘You, Lord, give true peace. You give peace to those who depend on you. You give peace to those who trust you.’

(Isaiah 26:3 *ICB*)

‘It is no use for you to get up early and stay up late, working for a living. The Lord gives sleep to those he loves.’

(Psalm 127:2 *ICB*)

‘By the seventh day God finished the work he had been doing. So on the seventh day he rested from all his work. God blessed the seventh day and made it a holy day. He made it holy because on that day he rested. He rested from all the work he had done in creating the world.’

(Genesis 2:2-3 *ICB*)

‘Remember to keep the Sabbath as a holy day. You may work and get everything done during six days each week. But the seventh day is a day of rest to honour the Lord your God. On that day no one may do any work: not you, your son or daughter, or your men or women slaves. Neither your animals nor the foreigners living in your cities may work.’

(Exodus 20:8-10 ICB)

‘I will give rest and strength to those who are weak and tired.’

(Jeremiah 31:25 ICB)

‘He gives me rest in green pastures.

**He leads me to calm water.
He gives me new strength.
For the good of his name,
he leads me on paths that are right.’**

(Psalm 23:2-3 ICB)

‘Crowds of people were coming and going. Jesus and his followers did not even have time to eat. He said to them, “Come with me. We will go to a quiet place to be alone. There we will get some rest.”’

(Mark 6:31 ICB)

‘I leave you peace. My peace I give you. I do not give it to you as the world does. So don’t let your hearts be troubled. Don’t be afraid.’

(John 14:27 ICB)

Nature and prayer



Bible verses:

Psalm 121

A song for going up to worship



Aim:

To see nature as a help to praying in private



Today's session provides the children with an opportunity to consider the wonderful world God has made.

They will look at and create images of God's creation and consider how connecting with nature can be a way to connect with God.

Each child will need:

- Resources to create a nature picture
- Pens/pencils and paper
- *Explore it ideas* handout

You will need:

- *Psalm 121* poster – you may wish to enlarge to A3
- *God's creation* PDF / PowerPoint presentation



Start it

We're going to start our *Explore it* session today by diving into God's creation. The clip we're about to watch is filled with examples of the many different parts of the world God made. As you watch, look out for your favourite image to share with the rest of the group.

Video

The magnificent beauty of nature (Adiemus) by Eredus (3:56)

When the clip has finished, encourage the group to share their favourite part and why they liked it.

Sing it

Say:

Before we discover what the rest of the Psalm 121 has to say, let's share our memory verses together.

Memory verse

**'I look up to the hills.
But where does my help come from?
My help comes from the Lord.
He made heaven and earth.'**

(Psalm 121:1-2 *ICB*)

Say:

In our first session we started learning a song based around Psalm 121. We're going to sing the song again today. Notice the creative way the clip displays the words of this beautiful Psalm.

Song

'Psalm 121' by The Corner Room (4:18)

Tell it

Say:

In our session today we are going to spend time exploring the rest of Psalm 121. We have already learned the first two verses, but let's read the rest of the Psalm together.

Display the Psalm 121 poster for the children to read together and refer back to it as you work through the discussion questions.

Read:

**'I look up to the hills.
But where does my help come from?
My help comes from the Lord.
He made heaven and earth.
He will not let you be defeated.
He who guards you never sleeps.
He who guards Israel
never rests or sleeps.
The Lord guards you.
The Lord protects you as the shade protects you from the sun.'**



The sun cannot hurt you during the day.
And the moon cannot hurt you at night.
The Lord will guard you from all dangers.
He will guard your life.
The Lord will guard you as you come and go,
both now and for ever.'

(Psalm 121 *ICB*)

Say:

Verse 1 of this Psalm asks the question, 'Where does my help come from?' The psalmist, the writer of the psalm, points to God – the maker of Heaven and Earth – as the main person who helps them and supports them.

Discuss:

- Where does your help come from?
- Who are the people that love and support you?
- Who are the people you can trust?
- In what ways does God help us in our everyday lives?

Say:

The hills mentioned in Psalm 121 refer to those that surround the city of Jerusalem where the writer of the psalm lived. They are asking for help from the one who made the amazing hills surrounding the city.

Read:

**'He will not let you be defeated.
He who guards you never sleeps.
He who guards Israel
never rests or sleeps.'**

(Psalm 121 *ICB*)

Ask:

- Does the person who wrote this psalm sound like they are facing danger or trouble? If so, what in their psalm makes you think that?
- Do they sound worried? If not, why not?

Say:

The person who wrote this psalm knew that, whatever trouble they faced, the maker of the whole world could be trusted to be with them.

Read:

**'The Lord guards you.
The Lord protects you as the shade protects you from the sun.'**

The sun cannot hurt you during the day.
And the moon cannot hurt you at night.
The Lord will guard you from all dangers.
He will guard your life.
The Lord will guard you as you come and go,
both now and forever.'

(Psalm 121:5-8 ICB)



Ask:

- In what ways do these words make you feel safe and secure?
- Have you ever spent time in nature praying to God? Is it something you would like to try? If so, why, and how could you make it happen?
- How can looking at God's creation help us to pray to him?

Say:

Instead of feeling worried and afraid, the psalmist looks at God's creation as a reminder of his greatness. Creation is a signpost to an amazing God, who has made all things perfect for us to enjoy living on this amazing Earth.

Action it

Say:

Let's have another look at the psalm. It is filled with wonderful examples of God's creation. To connect with God, the psalmist looks to nature, and that's what we're going to do today.

Use whatever media you have available to give the children an opportunity to create their own nature picture. A *God's creation* PDF / PowerPoint presentation is provided as a starting point for ideas, and you can always refer back to the clip used in the Start it section.

Encourage the children to choose a picture that reminds them how amazing God is, and how he can always be trusted. You could even ask them to finish the sentence, 'I look up to the ...' to find an example of an image in nature that fills them with confidence that God can be trusted.

Pray it

Say:

For our prayer time today we are going to take a moment to rest in God's presence.

Encourage the children to have a moment of peace and quiet as they listen to the words of Psalm 121. Depending on your group and the space available, ask the children to sit or lay down in a comfortable space. Invite them to close their eyes and listen carefully to the words of the

song. The song is just over five minutes long, so feel free to fade the music if you spot that members of the group are getting restless.

When the music stops, read Psalm 121 to bring the session to a close.

Listen

'Psalm 121 (I lift my eyes)' Live – Kristyn Getty, Jordan Kauflin, Matt Merker uploaded by KeithandKrityn (5:11)

Explore it

Remember to send home the *Explore it ideas* for children and families.



Explore it is produced by the Children and Youth Department in collaboration with Kay Moorby (soulwithaview)

Nature and prayer

Here are some ideas for you to explore at home.



Bible verses:

Psalm 121

A song for going up to worship



Aim:

To see nature as a help to praying in private



Discover

Create a picture using examples of nature in your local environment. It could be as simple as a leaf from a house plant or a huge tree in your local park.

Write the second verse of Psalm 121 at the bottom of the picture as a reminder that God is always there to help you.

**'My help comes from the Lord.
He made heaven and earth.'**

(Psalm 121:2 ICB)



Relax

Ask someone at home to join you for a nature walk. Take time on the walk to notice the wonders of God's creation or pray together.



Memory verse

**'I look up to the hills.
But where does my help come from?
My help comes from the Lord.
He made heaven and earth.'**

(Psalm 121:1-2 ICB)



Song for the week

'Psalm 121' by The Corner Room

**LIVING
OUT FAITH**

Nature and prayer

**Bible verses:**

Psalm 121

A song for going up to worship



Memory verse

'I look up to the hills.**But where does my help come from?****My help comes from the Lord.****He made heaven and earth.'**

(Psalm 121:1-2 ICB)



Start it

What we see or hear around us can help us pray by thanking God for it.



Tell it

Share a child-friendly version of Psalm 121.

Sit in a circle and ask the group to share together:

- How many senses do you have and what do they do?
- What makes a poem so special? Today we have a poem called a psalm.
- How high have you ever climbed?
- Would you like to reach the top of Mount Everest one day?
- Imagine if you had no shade from the Sun. What would happen?

**Aim:**

To notice that the natural world is beautiful

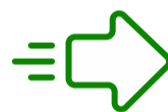
- I wonder what it would be like to visit the Moon?
- I wonder if you have ever thanked God for making the world?



Sing It

'Shine!' (From the inside out) by Nick Jackson uploaded by Tangy Crayfish (2:20)

'Holy Spirit' for children by Aji and her friends. Sing only the chorus (0:44-1:15)



Action it

Games and activities to reinforce the Bible passage:

- look out of the window or go outside, and thank God for something you see, hear, taste, touch or smell
- collect things that you want to thank God for
- read any poem and remember that Psalms are poems
- find a picture of Mount Everest and pretend you are climbing it
- imagine you are walking on the Moon - what would you bring home?



Pictures of God's Creation

















































Explore it

‘I look up to the hills.

But where does my help come from?

My help comes from the Lord.

He made heaven and earth.

He will not let you be defeated.

He who guards you never sleeps.

He who guards Israel

never rests or sleeps.

The Lord guards you.

The Lord protects you as the shade
protects you from the sun.

The sun cannot hurt you during the day.

And the moon cannot hurt you at night.

The Lord will guard you from all dangers.

He will guard your life.

The Lord will guard you as you come and go,
both now and forever.’

(Psalm 121 *ICB*)