

## 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