

GOD MADE REST

STORY: CREATION / YEAR: KINGDOM

BIG TRUTH: GOD MADE REST

Genesis 2:1-3; James 1:16-17; Exodus 20:8-11; Exodus 33:14; Psalm 91:1; Matthew 11:28-30

BIBLE VERSE: HEBREWS 4:10

“For whoever has entered God’s rest has also rested from his works as God did from His.”

BIG IDEAS

- God never grows tired.
- God rests for His glory.
- We rest to glorify God.
- We rest because God worked on our behalf.

BIBLE STORY: GENESIS 2:1-3; HEBREWS 4:9-10

God is all-powerful and mighty. When He created the world in six days, He chose to rest on the seventh day. He didn't rest because He was tired or out of energy. He rested for His glory. God's decision to rest on the seventh day is an example to every man and woman of how to rest for God's glory. When we rest from our work and choose instead to worship God, we show that we trust God and His way better than our own. God also offers a rest from sin to every man and woman who believes. God sent His Son to pay our sin debt and He was crucified, buried and rose again. Those who believe in Jesus can rest in the work of God for salvation.

STORY: CREATION

God created everything. Everything we see, hear, feel, taste, and that exists was created by Him. Not only did He create everything, but He created everything perfectly, including humanity. He created mankind in His very image and likeness to reflect His worth. All of creation was made just like He wanted and designed it to be. To His delight, God looked at everything He made and declared that it was good. All creation exists for God, is good, and was created to bring Him glory.

BIG AIMS



KNOW

Every child should know that:

- God created everything in six days.



FEEL

Every child should feel:

- Awe at God's creativity seen through all of creation



DO

Every child should:

- Treat God's creation with honor and steward it well



WANT

Every child should want:

- To fulfill God's created purpose for their lives

FAMILY DEVOTION: A GLORIFYING REST

A glorifying rest is not just a stopping of activity. It is an awareness that God truly controls all things as we stop our working and trust in His provision. It is also a rest that seeks to know Him more through a worship of Him.

STORY: CREATION
GOD MADE REST**BIBLE VERSE: HEBREWS 4:10**

“For whoever has entered God’s rest has also rested from his works as God did from His.”

God rested on the seventh day.

- God finished the work of creation on the sixth day.
- After He finished, He rested on the seventh day.
- God chose to rest instead of working. He didn’t rest because He needed to.
- God had created everything in the first six days.
- His work was finished.

God chose to rest; He did not need to rest.

- God is perfect. He does not need food and rest like humans do.
- He rested because He chose to rest, not because He needed to rest.
- God does not grow tired, so He is never in need of rest.

God rested to show man how to rest.

- God asks His followers to be like Him.
- Man should rest because God rested.
- God gave rest to mankind and commanded man to do it.
- Rest allows man to know God more and to be like Him.
- Rest also shows man that God does the work of salvation.
- Man can rest in the fullness of what God has done in salvation.

BIBLE STORY: GENESIS 2:1-3; HEBREWS 4:9-10

God Made Rest

Opening Illustration:

Bring in several plastic cups and straws for each child. Allow the children to take turns racing each other as they blow a cup across a table with a straw. After each child has had an opportunity to race lead them in a discussion about how God is our Creator and He controls all things.

- How did you control what the cup did? (Each child controlled the cup by blowing through a straw.)
- Did the cup move on its own or when you blew on it? (It moved only when someone was blowing on it.)
- You each controlled your cups with the straw just like God controls all of creation with His power.
- God is our Creator. He created everything and He controls everything.
- There is nothing that is outside of Him or His power.

STORY: CREATION
GOD MADE REST**BIG IDEA: GOD NEVER GROWS TIRED.****Opening Question:**

How often do you feel tired or sleepy? (Every day we feel tired or sleepy.)

God is all-powerful.

- God has every ability and power. There is no area in which He is weak.¹
- He never gets overwhelmed or runs out of energy.
- God can do all things continuously because He is all-powerful.
- He created the heavens and the earth in six days and He was not tired on the seventh day.
- God is always able to do anything and everything that He wants to do.
- He is not like mankind who gets tired and needs to rest.



Help the children make a list of some of God's character traits. Include His great power and might in the list. Talk with the children about how God is mighty and powerful and He never grows tired or needs to rest.

God is greater than mankind.²

- God is the highest being and He is unique. There is no one like God.
- Mankind is not mighty and all-powerful.
- People cannot live without rest. Every person needs rest. No one can go for many days without sleeping and resting.
- We are not like God; we run out of energy and have to rest to recuperate.
- God never runs out of energy and He never needs to rest.

Does God ever grow tired or get weary? (No, God is never tired or weary.)

How is God different from mankind? (God does not get tired; He does not need rest or sleep like man does.)

1. Job 42:1-2: Through Job's trials, he understands that God is omnipotent; there is nothing that God can't do. He is all-powerful.
2. Numbers 23:19: God is not man; He does not change like man does. He does not need sleep or rest like man does.

STORY: CREATION
GOD MADE REST**BIG IDEA: GOD RESTS FOR HIS GLORY.****All of creation shows God's glory.³**

- The heavens declare to people that God is mighty, glorious, and powerful.
- We can see God's glory in the sunrise and the sunset.
- We can see God's glory in all of the earth.
- The strong winds of a tornado show God's power because He controls them with His Word.
- Everything in creation shows God's glory.

God's rest on the seventh day was to show His glory.

- God didn't need to rest.
- He was not tired after six days of creating.
- He rested on the seventh day to show man His glory.
- God set aside one day for man to rest from his work because God is glorious and man can know God's glory by resting in Him.
- We glorify God and show others God's glory when we trust Him enough to rest from our work on the Sabbath. We show we know God's Word is true and He is able to care for us in every way.



Bring in several pictures of sunsets and sunrises. Show the pictures to the children and share with them how the heavens declare God's glory. Tell them we can see God's glory in His rest on the seventh day. He showed His great power and mighty by resting. He doesn't need rest, but He chose to rest showing us how mighty He is.

Why does God rest? (He rests for His own glory.)

How does creation show us God's glory? (We see His glory in the sunrise and the sunset. We see His glory in the many different things He has created.)

3. Revelation 4:11: God is worthy to receive praise and honor because He created the heavens and the earth. His glory is shown in His creation of the heavens and the earth. They declare His glory.

BIG IDEA: WE REST TO GLORIFY GOD.

What do we do to rest? (We sit down, take a break, take a nap, or go to bed.)

God rested on the seventh day to give man a Sabbath, or a day of rest.

- When we follow God's example and rest on the Sabbath, we are resting in Him.
- The Sabbath God gave was for man to know God and to refuel his body.
- The Sabbath was for God's people to rest from their work and to give the land a rest.
- It was meant as a good thing to help man rest and to know God more.

When man rests He shows He trusts God.⁴

- When we stop working and choose to rest in God, we show that we trust Him in all things.
- When we live our lives trusting God, we glorify Him.
- We also show others that we believe and know that God's Word is true.
- When we stop the busyness of our lives and rest our bodies and minds, we show we know God's way is best.
- He rested and we can follow His example, trusting He knows best.

Why should we rest? (God rested as an example to us.)

What does our rest show others about how we feel about God? (It shows that we trust God.)



Spend a few moments helping the children make a list of some of the things God has done for them. Once the list is finished, ask them to spend some quiet time thinking about all that God has done and who He is. Once the quiet time is over, talk with them about how we rest to bring God glory. We bring Him glory by showing that we believe and trust Him.

4. Psalm 4:8: God offers a rest that gives peace to those who believe. When we follow His example and rest, we show we trust Him to be a faithful and trustworthy God.

BIG IDEA: WE REST BECAUSE GOD WORKED ON OUR BEHALF.

We can rest from trying to be good enough for God.⁵

- We don't have to work to be good enough for God.
- God loves us when we are not lovable. Even when we are still sinners, God loves us.
- No one is good enough to save himself or herself, but God loves them anyway.
- We can rest in God's love for us because it's not because of anything we do or don't do.
- We rest in God's unconditional love for us because there's nothing we could do to cause Him to stop loving us.

We can rest because God sent His Son to pay our sin debt.

- God worked on behalf of man when He sent His Son to pay the sin debt of the world.
- Jesus, God's Son, paid the sin debt of every man and woman.
- God's work of providing a way of salvation for man was finished in Jesus' work on the cross.
- We can rest because God worked for us.
- We cannot save ourselves, yet God has made a way for us.
- When we rest in His completed work, we can rejoice in Him.
- We rest in God's work because we know there is nothing we could do to pay our own sin debt.
- When we rest in God's work on our behalf, we are showing that we have faith in Him and His Son.

Are we ever good enough to save ourselves? (No, no one is ever good enough.)

What did God do on our behalf? (He sent His Son to pay our sin debt.)

5. Romans 3:23: Every person has sin and every person falls short of the glory of God. Every person is in need of salvation provided by God.

CHURCH HOOKS

**God Never Grows Tired**

Bring in a large backpack and several heavy books. Begin by placing one book in the backpack. Ask the children to take turns wearing the backpack. Ask them if it's hard or easy to wear the backpack. Put several more books in the backpack and ask the children to take turns wearing the backpack. Add enough books to make the backpack heavy for the children. Ask them if it's hard or easy to wear the backpack. Next, talk with them about how we get tired, especially when we're carrying heavy loads, but God never grows tired.

**We Rest To Glorify God**

Bring in a large blanket or several small blankets. Place the blankets on the floor and ask the children to lie down on them. Tell the children that you are going to spend a few moments "resting." While you rest, ask the children to think about God. Help them think about God by reminding them of some of His character traits, such as He is faithful, He is mighty, He is loving, He is powerful, etc. Spend three to five minutes "resting" together on the blankets. Once the time is up, ask the children to return to their seats and then talk with them about how our rest glorifies God.



- When we take time to rest and we think about God, we bring Him glory.
- When we think about God, we think about who He is and what He has done. This pleases God and brings Him glory.

We Can Rest In God's Work On Our Behalf

Ask the children to stand in a line. Tell them that you have a special prize for them, but in order for every child to get it, they'll have to do thirty jumping jacks. Ask the children to begin doing their jumping jacks, keeping count as they jump. As they begin to get tired, tell them that they can stop. Tell the children that you are going to take their place and do their jumping jacks for them. Tell them that they will still get the prize because you are going to do the required jumping jacks. As you give them their prize, talk with them about how we can rest in God's work because He sent His Son to pay our sin debt.