

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**Every child should know that:**

- God created everything in six days.

**Every child should feel:**

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

**Every child should:**

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

**Every child should want:**

- To fulfill God’s created purpose for their lives

A GLORIFYING REST

Gather together a blanket and a Bible. Practice a glorifying rest by lying down on the blanket with your child. Spend some time reading from the Psalms and talking with your child about who God is. Lead your child to name some things about God that he or she knows. End your time of rest by singing a praise song and praying. God is glorified when we stop our activity and seek to know Him.

DISCOVER IT: *(Use the passage to illustrate the Big Truth.)*

Genesis 2:1-3; Hebrews 4:9-10.

THINK ABOUT IT: *(Use the commentary to reinforce the Big Truth.)*

God finished His creation in six days. On the seventh day, He rested from His work. He didn't need to rest. He was not tired or weary. He rested from His work, not for Himself, but for mankind. God created man to rest from the work and daily activities that fill his days. God rested on the seventh day as an example for man. When we rest from our daily activities, we bring God glory because we show that we trust Him and believe His Word is true. When we rest, we glorify God because we show that we have faith in Him and the work that He has done. Our resting from our daily work and activities shows that we trust in God and His provision of our earthly needs and our salvation. Our rest from our work can be a glorifying rest when we think about who God is and all that He has done.

TALK ABOUT IT: *(Use the questions to discuss the Big Truth)*

- What did God do on the seventh day? (He rested.)
- Was God tired on the seventh day? (No, He does not get tired.)
- How can we glorify God in our rest? (We show that we believe Him and trust Him.)



Help your child memorize Hebrews 4:10 by making up a song to sing with the verse.

As a family, go for a bike ride through your local park or neighborhood. Ride long enough for your child to begin to get tired. As you finish your bike ride, talk with your child about how God never grows tired. He never runs out of energy or needs to sleep.



As a family, spend some time resting from your work or daily duties. Spend some time away from distractions, such as phones, TV, or work. Go for a walk in your local park or spend some rest time together talking about God and all that He has done for your family. Remind your child of who God is and some of His character traits, such as His faithfulness, His love, and His graciousness.



Spend some time as a family praying and thanking God for sending His Son to pay our sin debt. Talk with your child about how we don't have to work for our salvation because God worked on our behalf.



Help your child plan a special time of rest. Help him or her pick out worship music, a Bible story to read, and a special place to rest. Establish a set time for your child to rest and when it is over, spend some time talking with your child about how we can glorify God when we rest.

Spend some time as a family reading from the Psalms. Talk with your child about who God is and what He has done for your family.