



CREATION AND THE BEGINNING OF HUMAN HISTORY

**#20 – God Rests From His Work**  
**Genesis 2:2-3**

**PICTURES NEEDED**

20-1 Day 1  
20-2 Day 2

20-3 Day 3  
20-4 Day 4

20-5 Day 5  
20-6 Day 6

20-7 Very Good  
20-8 Day 7

**REVIEW (Before Teaching Lesson)**

- **Journal Review:** Ask students to share an important truth that they learned from their journal readings at home that week. Share some of your own insights.
- **Previous Lesson Review:** (Use the visual from the last lesson to aid in review) When God was done creating what did he say about his creation? What makes something very good? Because of all God has done, how should we respond to him?
- **The Big Question Review: Who is the Creator God?**  
Let the students give their answers to the question.
- **Bible Verse Review: Psalm 100:2-3**  
God is the one who made us and we belong to him.

*<sup>2</sup>Worship the LORD with gladness; come before him with joyful songs. <sup>3</sup>(Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.)*

## LESSON CONTENT

**Note:** The Bible verses included in the lesson are from the NIV 1984 edition. The wording of the questions is derived from that version. If another version of the Bible is used, questions may need to be adapted.

God completed all the work of creation in six days. What did God do on each day of creation? (Review the six days of creation and what God brought forth on each day. Write the number of the days across the board. If the children can't remember what was created on each day, read the parts of Genesis 1 and show the appropriate picture.) (pictures 20)

- **Day 1** – Space and matter (a place to put things and the stuff things are made of), light and energy (picture 20-1)

*<sup>1</sup>In the beginning God created the heavens and the earth.*

*<sup>3</sup>And God said, "Let there be light," and there was light.*

- **Day 2** – Earth and sky (separation of waters into that above and that below) (picture 20-2)

*<sup>6</sup>And God said, "Let there be an expanse between the waters to separate water from water."*

- **Day 3** – Separation of dry ground from water (land and seas) and plants (vegetation) (picture 20-3)

*<sup>9</sup>And God said, "Let the water under the sky be gathered to one place, and let dry ground appear."*

*<sup>11</sup>Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds."*

- **Day 4** – Heavenly bodies to mark seasons and give light (sun, moon, stars) (picture 20-4)

*<sup>14</sup>And God said, "Let there be lights in the expanse of the sky to separate the day from the night, and let them serve as signs to mark seasons and days and years,*

- **Day 5** – Sea life and winged creatures (birds and insects) (picture 20-5)

*<sup>20</sup>And God said, "Let the water teem with living creatures, and let birds fly above the earth across the expanse of the sky."*

- **Day 6** – All types of animals (those that crawl along the ground, wild animals and live stock) and man (male and female in God's image) (picture 20-6)

*<sup>24</sup>And God said, "Let the land produce living creatures according to their kinds: live stock, creatures that move along the ground, and wild animals, each according to its kind."*

*<sup>26</sup>Then God said, "Let us make man in our image, in our likeness."*

What did God say about his creation? God said his creation was very good. **(picture 20-7)**

What does that mean? Everything was just as God wanted. It functioned according to his design for it.

What did God do when he finished creating? (Add day 7 to chart.)

Genesis 2:2-3 says, <sup>2</sup>*By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.* <sup>3</sup>*And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.*

When God was done creating all that he had planned to make he rested from his work. This set up a model for measuring a week: six days of work and one day set apart as holy for rest. God confirmed this model when he gave the Ten Commandments to Moses.

The fourth commandment says, (Exodus 20:8-11) <sup>8</sup>*Remember the Sabbath day by keeping it holy.* <sup>9</sup>*Six days you shall labor and do all your work,* <sup>10</sup>*but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates.* <sup>11</sup>*For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.*

Why do you think God commanded man to take a day of rest from his work?

Work is something people do both to provide for themselves and also to advance and improve their lives. Without a day of rest a lot of people would probably work continually every day without stopping. This would not be good as both the body and mind need rest or they wear out. People would focus entirely on the world, instead of God

What does it mean that God made the Sabbath holy? He set it aside as a day for him. If a day weren't set aside as holy to worship God then a person's mind would tend to focus solely on the things of the physical world and shut out God. **(picture 20-8)**

What day do the Jews (God's chosen people) set aside as the Sabbath? Saturday

As Christians what is our Sabbath day? Most Christians have set aside Sunday as their holy day of rest but there are some who observe Saturday as the Sabbath like the Jews do.

Why do Christians celebrate Sunday as the Sabbath and not Saturday like the Jews?

The earliest Christians were Jews. They would observe the Jewish Sabbath and go to the synagogue as was their custom on that day, then on the next day (the first day of the week) they would meet together as a Christian group to learn about Jesus their Savior. As Gentiles (non-Jews) were converted to Christianity they would attend these Christian meetings with the Jews who believed in Jesus. (Acts 20:7a - *On the first day of the week we came together to break bread.*)

The Gentiles didn't go to the synagogue on Saturday because they weren't Jews and they wouldn't have been accepted there. In this way the first day of the week (our Sunday) became associated with the Christian worship of God. **(picture 20-2)**

The first day of the week also had special meaning to Christians because it represented the day of the week that Jesus rose from the dead. It shows us that when we come to Jesus we have a new beginning. 2 Corinthians 5:17 says, Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! That is an important idea to think about every Sunday when we come together to worship God on the first day of the week.

How should we as Christians honor the Sabbath and keep it holy? To honor the Sabbath we want to show God that he is our Lord and that we don't put other things before him. We want to demonstrate that we are devoted to God above all other things. God wants us to love him whole-heartedly, more than anything else so that we want to honor him on the Sabbath. He wants us to do what Psalm 100 (the Psalm we studied last lesson) says to do.

*<sup>1</sup>Shout for joy to the LORD, all the earth. <sup>2</sup>Worship the LORD with gladness; come before him with joyful songs. <sup>3</sup>Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.*

*<sup>4</sup>Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. <sup>5</sup>For the LORD is good and his love endures forever; his faithfulness continues through all generations.*

What are some of the things Psalm 100 says to do? (Make a list of things the children say and then discuss why doing these things would honor the Sabbath.)

- Shout for joy to the LORD
- Worship the LORD with gladness
- Come before him with joyful songs
- Know that the LORD is God
- Enter his gates with thanksgiving and his courts with praise
- Give thanks to him
- Praise his name

## LESSON WRAP-UP

- **Overview Questions:** Why is a week seven days long? What did God do on the seventh day of creation? What does God want people to do on the Sabbath? What day of the week is the Christian Sabbath? Why? What day of the week is the Jewish Sabbath? Why? What does it mean to honor God? How do we honor God on the Sabbath?
- **Thought Questions:** Does it honor God if we come to church out of obligation instead of love? Why not? Why does honoring God have to come from the heart? Is our focus generally on God or the things of the world? Why? What are activities that can interfere with honoring God on the Sabbath? Why do we let these interfere with our worship of God?
- **Prayer:** Pray that you would be whole-heartedly devoted to God and worship him above all other things. Pray that he would show you the ways that you honor other things above him.
- **The Big Question: What is the Sabbath?**  
Let the students give their answers to the question. Share the memory verse. Ask how it answers the question.

- **Memory Verse:** Exodus 20:11

On the seventh day of creation, God rested and called it holy.

*<sup>11</sup>For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.*

## ACTIVITIES (Completed after the lesson)

Any age appropriate activity can be included which fits into the class time. The activities with a star are included on the class notes.

- ★ **Lesson Notes:** Have the children answer the two questions individually or as a group. What did you learn from this lesson? How can you put into practice what you learned?
- ★ **Memory Verse:** Read the memory verse on the cover of the class notes and then have the students fill in the blanks in the verse.
- ★ **Activity Page:** Sabbath Acrostic Poem  
Instructions: Work in pairs (competition) or as a whole group to write an acrostic poem for the word "Sabbath". Use each letter of the word to start a phrase that says what we should do on the Sabbath. Brainstorm words before writing the poem. Below are some verbs that start with the letters.

S – serve, shout, share, submit, sacrifice

A – adore, acknowledge, approach, appreciate, acclaim

B – be (something), bow, bestow, bring, boast, better

B – see above B

A – see above A

T – thank, talk, turn to, take delight in, think about, treasure, treat

H – honor, hold, hark, hear, heal

- ★ **This Week's Big Question:** Have the students fill in the blanks for the way the memory verse answers the big question.

On the seventh day of creation, God rested and called it holy.

- ★ **Coloring Page:** Color the lesson picture.

- **Craft:** Creation Wheel

As a reminder that God created the world in six days and on the seventh day he rested, make a creation wheel

Materials: cover stock paper, crayons or colored pencils, brads, scissors

Preparation: Print off the wheel and cover (craft 20) on cover stock paper.

Instructions:

1. Cut the cover and wheel out. Fold the cover in half along the dotted line.
2. Color in the creation pictures on the wheel.
3. Poke a hole through the wheel and both sides of the cover on the "X."
4. Insert a brad through the hole on the top of the cover, then through the wheel and the back of the cover. One side of the wheel should stick out beyond the bottom edge of the cover so the wheel can be turned.

- **Game:** Creation Review

As a reminder that God created the world in six days and commanded man to keep the Sabbath holy, play a creation review game.

Instructions: Divide the group into two teams. Ask review questions about creation alternating which team gets to answer. If the team gets the answer right, it gets one of the letters for the word "Sabbath." If it doesn't know the answer, it gets no letter. If it gives the wrong answer, it loses a letter. The first team to collect all the letters to "Sabbath" wins the game.

## JOURNAL

The journal is passed out at the end of class for the students to complete at home. It has six poetic readings and related Bible verses. It would be beneficial for the teacher to read through and be familiar with its content.