

# Creation

Day #7 of Creation: Sabbath Rest

(Genesis 2:1-3)

## INTRODUCTION

Ask the children what their favorite songs are. Sing one of them with the children, such as *This is the Day*, and discuss the significance of the words, what they mean to you personally. Today we're going to learn how to use songs and God's Word to pray to God.

## OPENING PRAYER

Using today's memory verse, praise God for His great work of creation...

## MEMORY VERSE

*For the choir director: A psalm of David. The heavens proclaim the glory of God. The skies display his craftsmanship. Day after day they continue to speak; night after night they make him known. (Psalms 19:1-2)*

## LESSON

Today we're going to learn about how God rested on the seventh day of creation, but before we do, let's review what we've learned so far.

What did God create on the first day of creation? (*The heavens and the Earth light and time*) Then, what did God create on the second day of creation? (*God separated the waters and created the atmosphere we call the sky.*) What did He create on the third day? (*The land, oceans, and the plants.*) What about the fourth day? (*The sun, moon, and stars.*) What did He create on the fifth day? (*Birds and fish.*) And, what did He create on day number six? (*Animals and people*)

So in six days God had created all the wonders of the land and sea.

Genesis 2:1

*So the creation of the heavens and the earth and everything in them was completed.*

God has not created anything new since the sixth day of creation.

Genesis 2:2

*On the seventh day God had finished his work of creation, so he rested from all his work.*

So, on the seventh day God ended his work and rested.

Genesis 2:3

*And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.*

Why do you think that God rested on the seventh day? Does this mean that God was tired after all the work of creating the earth, the plants, the sun, moon and stars, the fish, birds and land animals, and then people? Did He need a rest and perhaps even a sleep to recover His strength? No! God did not rest because He was tired, for God does not get tired; He is all-powerful.

Psalms 121:4

*Indeed, he who watches over Israel never slumbers or sleeps.*

God rested for two reasons. First it was because His work of creation was finished. The world was perfect. It could not be better or more beautiful.

Secondly, He rested because He wanted to set an example for Adam and Eve and their children.

God certainly did not need six days to make everything any more than He needed billions of years! He could have made the world in an instant of time; with the snap of His fingers. He can do anything. But, God worked for six days then blessed the seventh day so that it might be a blessing to Adam and Eve. He set the seventh day apart for Adam and Eve to think about Him.

By the way, this is why a week is seven days long, not six days or eight. It is based on the way God made the universe during Creation Week.

God made us because He wanted someone to talk to and someone to talk to Him. He wanted someone to love and someone to love Him back. That is why He wanted us to have at least one day a week with nothing to distract us from reflecting upon His great work of creation. This refreshes our hearts.

When we look at the things God has made, it should fill our hearts with love for Him. As you watch a bee fly or observe a spider spinning its web, or a humming bird hovering like a helicopter; we marvel at God's wisdom and greatness. This fills our hearts with reverence for our Creator.

That's why God included a rule about this in the Ten Commandments:

Exodus 20:8-11

*"Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.*

Sabbath is another word for "rest." Christians have their Sabbath Rest on Sunday because Jesus arose from the grave on that day. We call it the *Lord's Day*.

How should we keep the Lord's Day? By resting from our regular work and by worshiping the Lord our Maker (Psalm 95:6). When we take time to think about how much God loves us, peace and happiness will come into our lives. Then we will want to give him praise and worship Him.

## **What is the Different Between Praise and Worship?**

When you think about all that God has done to create such an awesome world for us to live in, does that fill you with joy? Praise is when you can't help yourself from saying "Thank you!" to our amazing God for all he has done. It goes right along with thanking him and telling him we appreciate His mighty works on our behalf! But, praise is not just for God, we can also give praise to people when we see and appreciate a good thing they have done.

Worship, on the other hand, is reserved only for God. The Bible tells us to worship the Lord your God and Him only. Praise can be part of worship, but worship goes beyond praise. Worship comes from a different place within our spirits. Often, worship is coupled with the act of bowing or kneeling. It is through true worship that we invite the Holy Spirit to speak to us, convict us, and comfort us. Often, services begin with joyous praise songs and transition to a quieter, more introspective opportunity for worship

## **Who is to Praise God?**

The holy angels, those of us who have accepted Jesus as their personal savior from sin, all of creation. In Luke 19:40, Jesus said that if people don't praise God, even the "stones will cry out".

## **What are Some Things We Can Praise God For?**

There are lots of things to praise God for. We should praise God for His creation. He's given us an amazing place to live, hasn't He? What are some other things you are thankful to God for?

## **What are Some Ways We Can Worship God?**

Worship is not just watching someone else sing to God or listening to someone talk about God. It is thinking about God yourself. Worship is taking time to appreciate who God is, what He has done, and what He is doing. It is responding to Him with reverence, praise, and joy.

The first way we really show God we understand and appreciate Him is to accept gratefully the payment He made for our sins when He sent His Son to die on the cross. Once we accept Jesus as Savior, the Lord Himself comes to live inside us, and we can begin to understand how great and good God truly is. Then, true worship can start.

Just going to church does not mean you are worshiping.

Can you think of ways to worship God?

- Talking to Him in prayer
- Singing God's wonderful character: He is forgiving and merciful and full of love.
- Listening to instruction from God's Word
- Giving money for God's work

You worship by thinking about God as you pray, sing, and learn His Word.

You can worship God anytime, anywhere. You need to learn to go through each day thinking about God and thanking Him for who He is and what He does. You can start each day by thanking Him for a fresh new day. Hum a praise song as you get dressed. As you eat your breakfast each day, think about the banana or egg you're having. Isn't God's creation amazing? As you go about your day, look at God's beautiful sky and trees and flowers and animals.

As you do your schoolwork or your chores, watch your fingers work. Just think! The marvelous God who made you, and all things, goes through your day with you. Tell Him how glad you are for His love.

### ***Worship God in Prayer***

Talk to God and tell Him how wonderful He is.

### ***Worship God in Song***

Singing is a way to worship. Use songs like: "O, How I Love Jesus," "O Come, Let Us Adore Him," or "God, You're So Good" to help you tell God that you love and honor Him. Can you think of other songs?

### ***Use God's Word to Help You Worship***

When you read your Bible, you can pray the scriptures back to God in worship. For example, 1 Chronicles 16:34 says, "Give thanks to the LORD, for he is good! His faithful love endures forever." When you read that, you want to immediately thank God for His goodness and mercy!

### ***Make Giving an Act of Worship.***

What are some things you can give God? We can give God our time, money, talents, and our hearts. You and I give time to God by doing kind things for others. We give Him money to help people in need and to run the church. How do you think you can give God of your talents? Your heart?

Worship is exciting! Those who make worship a natural part of their daily lives will discover the secret of true and lasting joy.

God gave us a day of rest and worship because He loves us. Let's remember to thank Him for loving us.

## **Closing Prayer**

Psalms are songs we can sing or pray to God. Let's close with Psalm 95:1-3, "Come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation. Let us come to him with thanksgiving. Let us sing psalms of praise to him. For the LORD is a great God, a great King above all gods." In Jesus' name, I pray. Amen.

## **LEARNING CENTERS**

### **Imagination Station**

(Craft Center)

### **Musical Praise Craft**

David praised the Lord by writing the songs we call Psalms in our Bibles. He wrote many of them when he was a shepherd. He may have played a harp or a wind instrument made from a hollow reed when he was out tending the sheep. In the Psalms he wrote, he tells people to get out their musical instruments and worship God with music and dancing! In Bible times, people got together often to celebrate or worship. They used tambourines, cymbals and other instruments.

Here are instructions for making two musical instruments:

#### **1. Tambourine from a paper plate & jingle bells**

Psalm 149:3, *“Praise his name with dancing, accompanied by tambourine and harp.”*

#### **Materials**

- Crepe paper streamers
- Scissors
- Ruler
- Hole punches
- Chenille wires
- Transparent tape
- Marking pens
- One sturdy paper plate for each child
- Four jingle bells for each tambourine

#### **Preparation**

- Cut chenille wires into 4-inch lengths – four for each child.
- Cut crepe paper into 12-inch lengths – two for each child.

#### **Procedures**

- Use a hole-punch to punch four holes around edge of the paper plate.
- Thread a chenille wire piece through one of the holes.
- Thread a bell onto the chenille wire.
- Twist the ends of the wire together to secure.
- Repeat the previous three steps to add three more bells to the tambourine.
- Tape streamers to the edge of the tambourine.
- Tap your finger in the center or shake the tambourine to play.

#### **2. Finger Cymbals from large buttons**

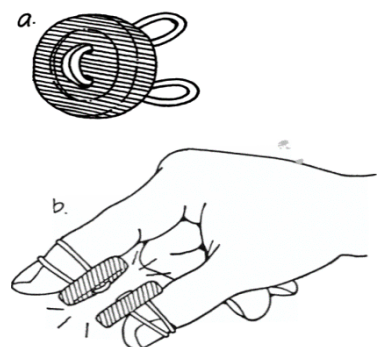
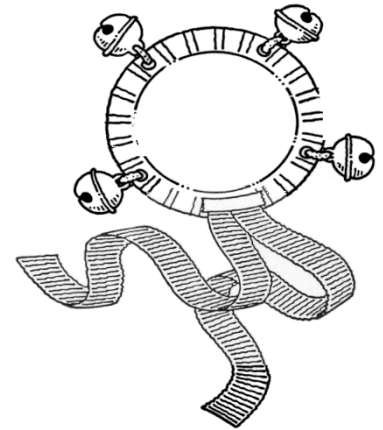
In Bible times, cymbals were a popular instrument used to worship God. They were made of metal and were about the size of dinner plates. When two cymbals were hit together they made a loud crashing sound.

Psalm 150:5, *“Praise Him with loud cymbals; praise Him with clashing cymbals!”*

#### **Materials**

For each child:

- Two large buttons with large holes
- Two size 14 rubber bands
- One toothpick



**Procedures**

- Using the toothpick, thread a rubber band through two holes in button.
- Repeat to make second cymbal.
- To play, fasten cymbals to your fingers and tap out a rhythm.

***Sing to the Tune of “Away in a Manger”***

The Lord is right in all of His ways and loving toward all of those He has made. The Lord is near to all who will call and saves and protects those who fear and who fall! (Based on Psalm 145:17-19)

**Fun House**

(Game Center)

Choose one of the following games to review the days of creation:

***Sequence game***

Divide children into 2 teams. Have them race to see how quickly they can place the Creation visuals in proper sequence—first to 7th day.

***“What is missing?” game***

Arrange Creation visuals on chalkboard ledge. Have the entire group close their eyes while one child removes the visual. When the signal is given to open their eyes, the first child to hold up his hand gets to answer what is missing. He must also say the day of Creation it represents.

***“Who Am I?” game***

Pin/tape the name of an object of Creation on the back of each child. Children may move around and ask any question that can be answered with a “yes” or a “no” until they find out what they are. Then, they have to tell the day of Creation names (example: flower—3rd day)

Or, discuss the following questions with your class:

1. What is worship? (Worship is singing God’s praise, talking to Him in prayer, giving money for God’s work, and listening to instruction from God’s Word)
2. What is the difference between praise and worship? (Praise is the joyful recounting of all God has done for us. It is closely intertwined with thanksgiving as we offer back to God appreciation for His mighty works on our behalf. We can also give praise to our family and friends for things they have done. Praise can be a part of worship, but worship goes beyond praise. Worship comes from a different place within our spirits. Luke 4:8 says that worship should be reserved for God alone. Often, worship is coupled with the act of bowing or kneeling. It is through true worship that we invite the Holy Spirit to speak to us, convict us, and comfort us. Often, services begin with joyous praise songs and transition to a quieter, more introspective opportunity for worship.)
3. Why should we praise God? (For His creation, for our salvation, for the promise of heaven, for the blessing of prayer.)
4. Why should we worship God? (God alone deserves our worship!)
5. Who is to praise God? (The holy angels, those of us who have accepted Jesus as their personal savior from sin, all of creation—even the rocks will cry out!)

**God’s Weird and Wonderful World**

(Science Center)

***Create a Flute from a drinking straw***

- Pinch a straw flat at one end.

- Cut off the corners to form “reeds.”
- Put the straw in your mouth, but don’t let your lips go past the corners.
- Blow hard! (Don’t pucker)
- You may want to cut three small holes in the straw about an inch apart.
- Cover these holes one at a time with your fingers to change the sound.



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***Discuss why you can make various sounds from a wind instrument***

Sound on a woodwind instrument comes from a vibrating column of air inside the instrument. The player makes this column of air vibrate in one of three ways: as air is blown across the top of an instrument (like the flute), across a single reed (like the clarinet), or across two reeds (like the oboe).

The flute is made in the form of an open cylindrical air column about 66 cm long. Its fundamental pitch is middle C (C4) and it has a range of about three octaves to C7. Sound is produced from a flute by blowing onto a sharp edge, causing air enclosed in a tube to vibrate.

[For more expositional lessons for children, visit <https://www.freechildrensministrylessons.com>]