



Session Twenty-Six: God Rested on the Seventh Day

Today's Point:

God finished creation and rested on the seventh day.

Key Passage:

Genesis 1–2:3

Memory Verse:

“God blessed the seventh day and declared it holy, for on it he rested from all his work of creation.” Genesis 2:3 CSB

“And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.” Genesis 2:3 KJV

Today's Bible Skills:

- Learn the difference between books, chapters, and verses
- Practice finding Genesis 2:3
- Understand why rest is important

Bible Truth Activity

Game: Work and Rest Relay

Materials:

- None required

Object of the Game:

Kids learn the difference between work and rest.

Directions:

Create two commands:

- “Work!” = run in place
- “Rest!” = sit quietly and fold hands

Call out commands randomly while children quickly switch actions.

Add fun variations:

- Hop while working
- March while working
- Lay head down while resting

Continue several rounds.

Teaching Time

Say:

God created the world in six days. He created light, land, oceans, plants, stars, animals, and people. Then on the seventh day, God rested.

God was not tired like we get tired. God rested because His work was complete. Everything He made was perfect.

The Bible says God blessed the seventh day and made it holy.

Ask:

- What does it mean to rest?
- Why is rest important?

Allow responses.

Say:

Rest is important because God created us to need rest. We need time to sleep, spend time with family, worship God, and slow down.

Sometimes life feels very busy. But God gave us an example by resting after creation.

Ask:

- What are ways we can rest?
- What are ways we can spend time with God?

Possible responses:

- Pray
- Read the Bible
- Go to church
- Spend quiet time with family

Say:

God wants us to trust Him and remember that He is in control. Rest reminds us that God takes care of us.

Bible Verse Activity – Whisper and Shout

Read Genesis 2:3 together.

Instructions:

- Whisper first half
- Shout second half
- Clap rhythm while saying verse

Repeat several times.

Then challenge children to say verse from memory.

Bible Skills Activity: Chapter and Verse Hunt

Materials:

- Bible for each child

Help children locate:

- Genesis
- Chapter 2
- Verse 3

Explain:

- Books are large sections
- Chapters are big numbers
- Verses are small numbers

Practice finding additional verses:

- Genesis 1:1
- Genesis 1:3
- Genesis 2:3

Encourage children as they improve.

Extended Teaching Discussion

Say:

Genesis 1–2:3 is called a key passage because it teaches us important truths about God.

From this passage we learn:

- God created everything
- God is powerful
- God’s creation is good
- God cares about people
- God finished His work perfectly

Everything in creation points back to God.

The sun reminds us of God’s power.

The stars remind us God is bigger than we are.

Animals remind us God is creative.

People remind us God made us in His image.

Ask:

- What is something in creation that amazes you?
- What does creation help us remember about God?

Allow children to share.

Say:

Sometimes people forget about God and focus only on creation itself. But creation is meant to point us to the Creator.

When we see something beautiful in nature, we should remember:

“God made that!”

Review Time

Ask review questions:

- Who created the world?
- What book tells us about creation?
- What did God do on the seventh day?
- What does creation teach us about God?

Allow children to answer.

Closing

Say:

The same God who created the world loves you and cares for you. Nothing is impossible for Him.

Close in prayer thanking God for His power, goodness, and care.