



Beautiful BIBLE TREASURES For Children

Lesson 6

Level A—Little Bible Treasures:

God Rests

Level B—Children's Bible Treasures:

God Rests

Level C—Story Time with Jesus:

God Rests

Level D—What Does it Actually Say?:

God Rests

Level E—Bible Bits: Dig 'n' Discover (1-5)/

Topic Treasures—Resting and Refreshing

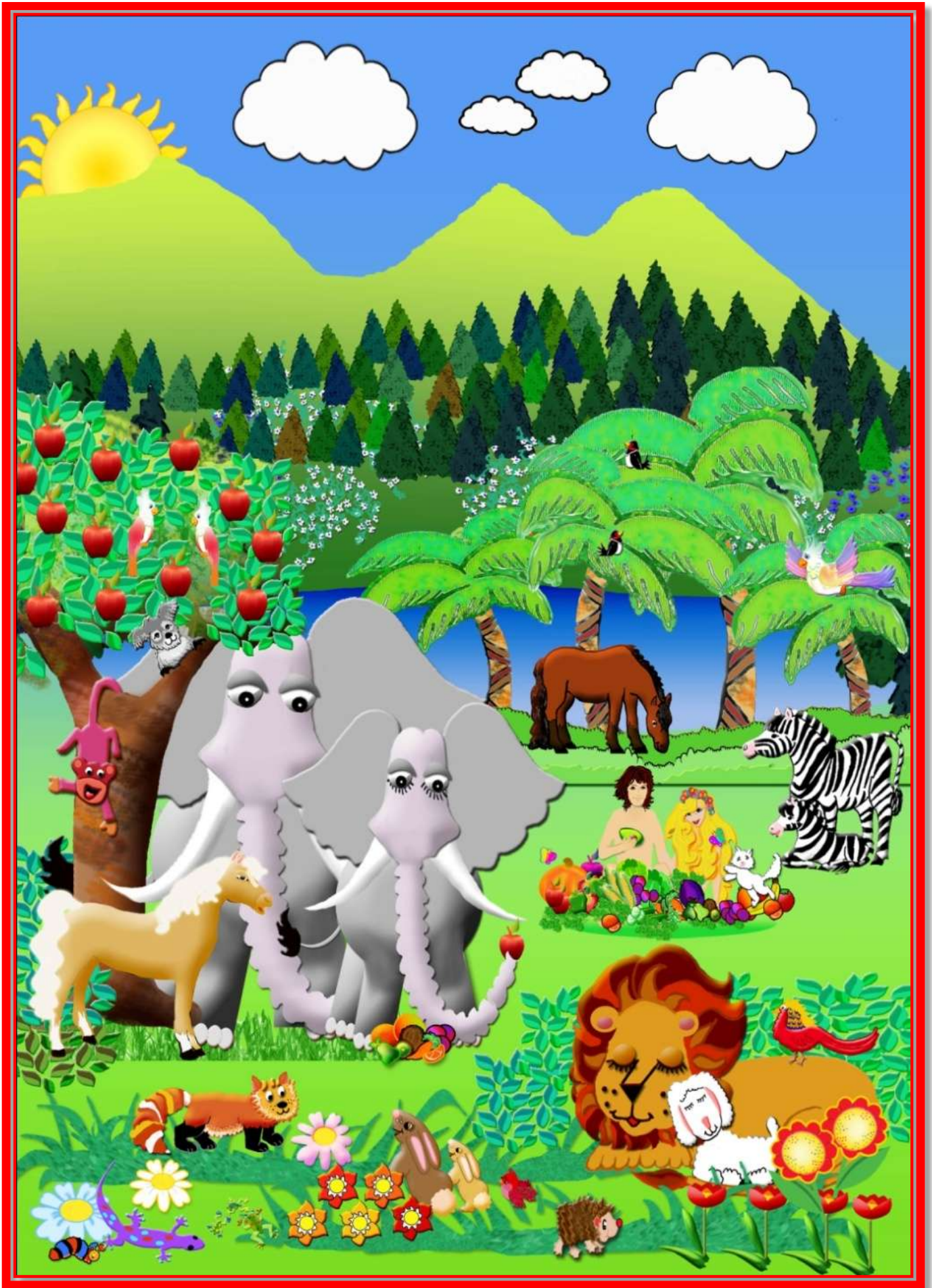
God Rests

God liked watching all the neat and cool things that His creation could do—the funny animals at play, the pretty sunsets, the birds in the sky and trees singing their songs.

He could see the people running and exploring a new area they had just discovered, and a bright-coloured bug finding its way across the grass.

He gazed at the colourful display in the sky at sunset, and at all the beautiful types of flowers. It was so much fun for Him. God saw all that He'd made, and said it was good!

God took time to stop and look and listen and enjoy it all. He took a day to rest. We can and should do the same—take time to rest, to talk with God, to enjoy nature, to laugh.



God Rests

Do you like playing? Is it fun to have a good run outside, breathing fresh air, exploring a beautiful place? Do you sometimes like just resting and doing nothing at all? Do you like having a chat with a friend?

Have you learned to have quiet time, where it's just you and Jesus talking together, getting to know Him, and learning to love Him? Are there some things that are just real fun for you that you can't do all the time, but every week or so it works out to get to do them?

That's what God wanted people to do. He set us an example. Did you know that God even rested, after all His work on creating the marvellous Earth, the sky, and all that fills it?



He took a day to step back and to enjoy the things He had made. He didn't work on that seventh day, after creating the world.

People need time to do the same—to rest, to do something recreational, fun, refreshing, relaxing and enjoyable.

There's a time for work and a time to relax, and God made people to need both. He set us the first example of taking time to be refreshed after working.

To stay healthy and happy, people need more than just fun things. They need time to be refreshed in all kinds of ways. People need time to exercise, to keep themselves fit and healthy. They need time to sleep and rest, so they don't get weak and sick.

They need time to rest their eyes, and not overuse them on TV and computers. They need time to talk with Jesus and read His Word and hear what He wants to say, for their heart to be inspired and strengthened. They need time with friends and family, to feel loved and cared for.

There are many things that you can do to stay healthy and happy, but the most important is to take time to love and talk with Jesus—and that can be done no matter what else you are doing for fun and relaxation.

You can talk with Him any time of day or night. This is what will renew, strengthen, and empower you the most, as you carry on in your life and do your work—whatever you are meant to do.

Activity

*Find a snug place to curl up and do something restful and enjoyable — like reading a favourite book, listening to an audio, gazing at clouds or stars, listening to your parents telling you a story, etc.

God Rests

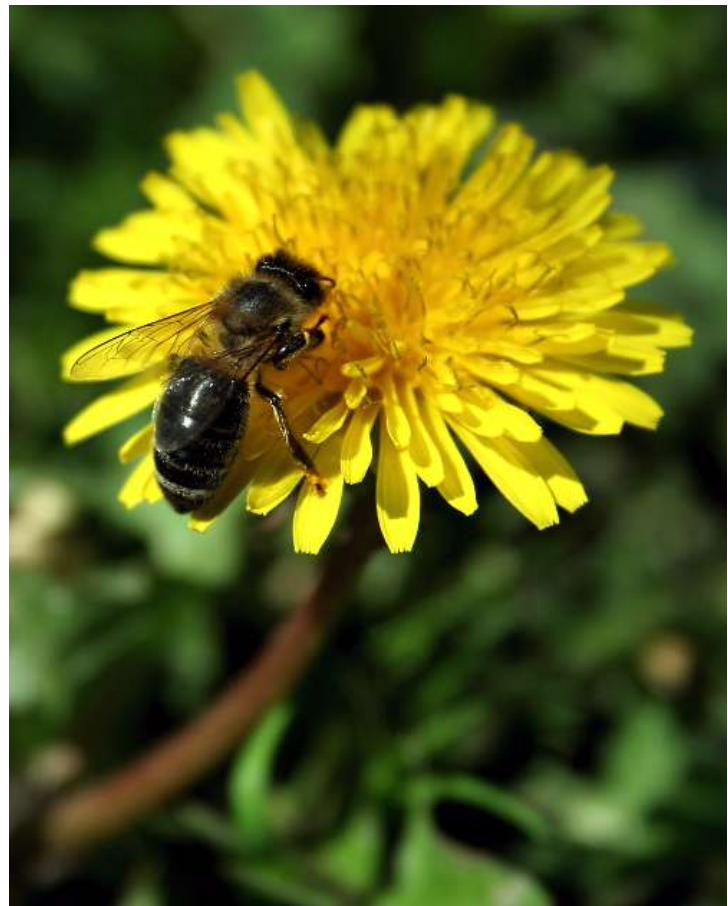


On day seven, after all was said and done, God took time to enjoy life—the life that He created, the thriving and beautiful planet filled with wonderful and amazing things.

God rested from His work, and He asked the people that He made to do the same—to take time to rest, to enjoy what they've worked hard for.

Having time for work and play and rest helps to keep your life balanced as well. It's not enough, however, to just be sitting down for long hours and think that you're resting, if what you are doing isn't reviving you, refreshing you, giving you strength of body, heart, and mind to tackle the next challenges that come your way.

To truly live this principle laid out by the Creator of the world, your life needs to contain balance and time to restore itself restock and be strengthened. Your body needs sufficient sleep. You need time to rest in order to be healed. You should not strain your eyes by looking at a computer or TV screen for too long.



You need time to step away from things that are difficult to get a fresh new perspective, to get a break from whatever you normally deal with each day. You need time to laugh, to enjoy life, to enjoy friends and family.

You need time to play. You need time in nature to refresh you in body and mind.

You need time with God, the Creator, to listen to His Word, to listen to His voice, and to talk to Him.

Why do you need to have balance, and time to rest in these and other ways?



Because although your body was made in the image of God and is the most amazing machine that was ever made, it can still wear out, just as machines do. Humans can't go on and on without consequences for lack of sufficient rest, care and fun.

Besides, God didn't just make people to be work machines. He made men and women to enjoy the world He created. So it's more fun for Him, and you, when you do just that: Enjoy a happy life, and at the same time enjoy Him as your friend.



Let's Talk About It

- *What is your favourite type of exercise or game?
- *What part of nature do you enjoy watching and exploring the most?
- *When and in what setting do you find it the easiest to talk with the Lord and hear from Him?

Activity

*Make a list of things you would enjoy doing on a "rest day" or "family day" for relaxation, recreation, and nice ways to also take time with the Lord on that day. Post the list where you can see it and plan to do those things.

God Rests



Connect and Communicate

*Quote some verses together that you've memorised previously—verses of praise or about prayer or God's Word, or on something else helpful to your study time.

Study Fun

Discover: What types of things these verses mention as being restful.

Underline: All the "rest" words with green and "work" words with red.

Define: Find out the meaning of the words "sanctified" and "labour". Repeat the meaning in your own words.

Genesis

2:1 Thus the heavens and the earth were finished, and all the host of them.

2:2 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.



2:3 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.

Exodus 23:12 Six days thou shalt do thy work, and on the seventh day thou shalt rest.

Exodus 33:14 My presence shall go with thee, and I will give thee rest.

1 Kings 8:56a Blessed be the Lord, that hath given rest unto his people.

Isaiah 30:15a For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength.



Activity

*Listen quietly to a song of praise, or good instrumental or classical music, while looking at a picture or photos of a beautiful place in nature. Imagine you are there, and that you could talk and walk and explore the place together with Jesus. Talk afterwards about what you thought of.



Fountain of Faith

Deuteronomy 28:2

And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the Lord thy God.

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.



Dig 'n' Discover (1-5)

Prayer

Psalm 116:1 I love the Lord, because he hath heard my voice and my supplications.

*Focus your prayers on an individual. Think of someone you'd especially like to help today through your prayers. Everyone can add phrases or sentences or thoughts to the prayer. Try to put yourself in their place and think of the many things they would appreciate receiving through your focused, specific prayers.

- 1.) Who was the tallest man mentioned in the Bible? (His bed was 13 feet long and 6 feet wide.) (Deuteronomy 3:11)
- 2.) How can students know more than their teacher? (Psalm 119:99)
- 3.) What is the shortest verse in the Bible? (John 11:35)
- 4.) What kind of person can be better to have around than a king? (Ecclesiastes 4:13)
- 5.) To be called "a child of God", besides receiving Jesus' gift of salvation, what do you need to be like? (Matthew 5:9)

Activity

*Look up the verses in your Bible to find the answers!



Topic Treasures

— Resting and Refreshing

Study Fun

Discover: Which verse talks about the happiest and most fun place to be.

Underline: Words that describe rest or refreshment in some way.

Define: The word "meditate", and think of some other words to use and ways to express the meaning.

Isaiah 40:31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Matthew 11:28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Genesis 24:63 And Isaac went out to meditate in the field at the eventide.

Psalms 4:4 Stand in awe, and sin not: commune with your own heart upon your bed, and be still.

Psalms 23:2,3 He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.



Psalm 16:11 Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.

Colossians 3:15a And let the peace of God rule in your hearts.

Psalm 46:10 Be still, and know that I am God.

Psalm 37:7 Rest in the Lord, and wait patiently for him.

Job 37:14b Stand still, and consider the wondrous works of God.



Daily Diary

*Write in your diary book a thought of how something in nature reminds you of the Lord. For example: "The ocean has so much water, just like God's love for us is more than we can measure."