



# Rest

After the wonderful work of creating our world, God rested.  
We are created in the image of God,  
so we create, we see the good, we care, we connect, and we rest.



## Bible Beat: **Review & Groove**

It's time to review all four Bible Beats. Play and say each individually, then try layering them all together for a Bible Beat Groove. Find different objects to use as percussion instruments:

- Coffee can
- Oatmeal canister
- Sandpaper
- Bucket
- Shoe box
- Shaker



## Songs: **"Created to Create"** and **"In the Image"**



## Treasure of Nature: **Thumbprint**



## Art Experience: **Sidewalk Gallery**



## Game: **God Created...**

### Materials You'll Need:

- Sidewalk chalk
- Song pages for "Created to Create," "It Was Good," "In the Image," and the Bible Beat Groove



# Treasure of Nature: Thumbprint

*There's nothing to hand out this time.*

**Say:**

There's nothing to hand out today because the treasure is *you*.

Take a look at your thumb, particularly your thumbprint.

Notice each line and curve.

When God looks at the world, God sees it all - the big and the small. God sees every detail. Did you realize that God knows every hair on your head and every curve in your thumbprint? There is no one in the world exactly like you. You are wonderfully made, and God loves you.

Listen to these words from Psalm 139, verse 14 –

I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works;  
that I know very well.

Now let's sit in silence. Look at your own thumbprint as you remember that you are wonderfully made by God.

*After a few moments of silence, pray (the children can echo):*

**Loving God,  
Thank you for your creation.  
You have made me wonderful,  
because *you* are wonderful.  
Amen.**



# Sidewalk Gallery

**Materials:** sidewalk chalk

## What to Do:

Use sidewalk chalk to create a mural or a series of inspiring messages along your sidewalk or driveway. As you choose colors, remember what you've learned about complementary colors to create vivid pictures. Choose words that might bring joy and happiness to those who pass by.



## God Created... Memory Game

**Players:** 2 or more

### How to Play:

This is a fun game for sharpening memorization skills.

Stand or sit in a circle.

Choose someone to start by saying: "God created \_\_\_\_\_."

That person fills in the blank by naming something God created, while making a motion to represent what they said.

*Example: "God created deer." (puts hands on head like antlers)*

The next person in the circle says and does the first person's action, then adds another.

*Example: "God created deer (antler hands) and trees (arms out like branches)."*

Continue on and see how far you can get around the circle (or how many times you can go around the circle) without forgetting any of the actions.

**Tip:** If a someone can't remember one of the actions, the person who added it can show the action (without saying it) to offer a hint. This game is a lot more fun when played cooperatively.



# Family Worship

**Opening Song: "Created to Create"**

**Say and Play the Bible Beat Groove: Review individual beats or play them together**

## **Bible Story: It Was Good**

The opening song of the musical *In the Image* is a Bible story – the very first one! Let's all sing our Bible story together.

*Sing "It Was Good."*

Notice in the song that while Creation took seven days, God actually made everything in six days. On the seventh day God rested, but it is *no less important* than any other part of Creation. We need rest. Our family and friends need rest. Our teachers need rest. Our church communities need rest. The world needs rest.

Rest does not make us lazy. Rest does not make us weak.

Rest helps us reflect, and rest renews us so our hands, hearts, and minds can do the important work of caring for God's Creation.

Let's spend a few moments in restful silence together.

As we do, think back on something special you experienced this week.

*Allow ample time for this.*

Now let's all take in a gentle breath together and sigh out, "Amen."

*Lead everyone to do this.*

## **Joys and Concerns**

*Offer everyone a chance to share something they want to celebrate (i.e. a birthday, a loose tooth, a yummy meal), and something that's causing anxiety (i.e. I miss my friends, "Will Nana get sick?")*

*Encourage everyone to be present and listen to one another.*

*After a concern is voiced, people can respond by singing the last phrase from the hymn "How Can I Keep from Singing?" –*

**How can I keep from singing?**

*After joy is voiced, people can respond by singing the first four notes of Handel's Hallelujah Chorus –*

**Hallelujah!**

**Closing Song: In the Image**