

AUGUST 8th FOX CREEK EVERGREEN CLASSES/HOME CONVERSATION
THE GIFT OF A CLEAR CONSCIENCE: Remember My Rest

Listen to the 8 Minute God Story video to set the stage.
Go to Fourthstream.com/Courses/GodStoryConversations - the first link

Genesis 2:1-3

“Heaven and Earth were finished, down to the last detail. By the seventh day God had finished his work. On the seventh day He rested from all his work. God blessed the seventh day. He made it a Holy Day Because on that day he rested from his work, all the creating God had done.”

Exodus 20:8-11

“Observe the Sabbath day, to keep it holy. Work six days and do everything you need to do. But the seventh day is a Sabbath to GOD, your God. Don't do any work—not you, nor any of your people. For in six days GOD made Heaven, Earth, and sea, and everything in them; he rested on the seventh day. Therefore GOD blessed the Sabbath day; he set it apart as a holy day.”

What were the things God did each day of the seven days of creation?

Why do you think God needed to rest?

Was He tired?

How big was the job He had just accomplished?

What is He trying to tell us about why He rested and what it has to do with us?

Some ideas for youngsters:

Make a list 1-7 on the board/paper. Have the kids tell you/talk through what happened on each day from Genesis. Consider the questions How many? What were the details of each day/act? For instance - why did God separate light from darkness before He made the sun and the moon? How many animals did He make and how did He do it? Where did He come up with the idea about making man and woman and what is God's image? How many species are there of different parts of creation (for you to research!)?

Some ideas for olders/teens conversation:

How much does rest have to do with a day and how much relates to what happens in our heart? Why is the rest day an important part of our spiritual lives (think about commandments 1-3)? Read Hebrews 4:1-13 and answer the question “*how do we find rest in our heart?*”

What are the things that make you feel peace? What agitates you?
How important is it for us to find true rest?

For you to share as a parent or teacher:

How does it bring honor to God when your heart is at rest?

The word Sabbath means to bring to an end - in this case - to rest from our own works and enter into God's works. How does that happen?!?!