

## SMALL GROUP DISCUSSION (K-2ND)

### ICEBREAKER:

What time is bedtime at your house - and what time do you actually go to sleep?

### MEMORY VERSE ACTIVITY:

#### Psalm 24:1

Give each kid one word of the memory verse. They have to remember their word and then they all have to stand up and line up in order, so that when they say their word from left to right they will have said the memory verse.

### SMALL GROUP GAME/ACTIVITY:

Tell a bedtime story as a group. The group leader will start the story and tell 2-3 sentences. Then the next person sitting in the circle will tell a few sentences. Then the next, then the next, and so on.

### DISCUSSION QUESTIONS:

#### Read Genesis 2:1-3

How many days did it take God to make the Earth?

What did God do on day seven?

Why do we need sleep?

Why do we need to take time to “rest” and be with God?

Can you spend some time before bed each night with God, saying prayers and reading a Bible story?

### SIMPLE PRAYER:

*Dear God,*

*Help us to get into the habit of spending quiet time with you.*

*In Jesus' name,  
Amen*

## SMALL GROUP DISCUSSION (3-5TH)

### ICEBREAKER:

What time is bedtime at your house - and what time do you actually go to sleep?

### MEMORY VERSE ACTIVITY:

#### Psalm 24:1

Give each kid one word of the memory verse. They have to remember their word and then they all have to stand up and line up in order, so that when they say their word from left to right they will have said the memory verse.

### SMALL GROUP GAME/ACTIVITY:

Tell a bedtime story as a group. The group leader will start the story and tell 2-3 sentences. Then the next person sitting in the circle will tell a few sentences. Then the next, then the next, and so on.

### DISCUSSION QUESTIONS:

#### Read Genesis 2:1-3

Why did God rest on day seven?

Why do we need sleep?

Why do we need to take time to “rest” and be with God?

Can you spend some time before bed each night with God, saying prayers and reading a Bible story?

What can each of us do during that down time before bed to get the “rest” that we need?

### SIMPLE PRAYER:

*Dear God,*

*Help us to get into the habit of spending quiet time with you.*

*In Jesus' name,  
Amen*



# MAKE IT STICK

5 Simple Ways You Can Make This Lesson Stick With your Kids

## Creation Lesson 6

### THIS WEEK'S LESSON: DAY 7



#### IN THE CAR:

Ask your child what they learned about this week on the drive home:

After God had finished all of His work of creation, he made the seventh day a Sabbath – day of rest. God designed us to require physical rest as a way to remind us to stop and spend time with God regularly. Genesis 2:1-3, The Seventh Day



#### HANGING OUT:

Make this week's lesson real:

Don't just send your kids off to bed this week. Go with them. Sit and read the Bible. Pray. Talk about the importance of taking time not just to sleep, but to spend time alone with God.



#### AT DINNER:

Here are some great discussion starters:

- Why did God rest on the seventh day?
- Why is rest so important?
- What are you doing to spend some quiet time with God this week?



#### AT BEDTIME:

Quiz your child on this week's memory verse:

*"The earth belongs to the Lord. And so does everything in it. The world belongs to him. And so do all those who live in it." Psalm 24:1 (NirV)*



#### PARENT TIME:

What you need to know:

God did not give us the stamina to stay awake all hours. We need sleep. We also need to take time to rest and revive our spirits. That is why God rested on the seventh day. That is why He said to keep the Sabbath holy. Encourage your kids to spend some quiet time with God each day, and set an example they can follow.