



LOW-ENERGY GAME

A Special Day

[10 min]

Supplies

- “Special Days” handout (1 per child)

Easy Prep

- Cut apart the “Special Days” handout, and scatter the pictures around the room in the order you’ll find them: Christmas tree, birthday cake, cross, people holding hands, heart, kids singing.

Tip

- Even with you placing the pictures in order, there’s a possibility that your kids will find some of the pictures out of order. That’s okay! Just skip to the correct bullet in the section below.

Find Special Days

Say: **We have lots of special days we get to celebrate. Today we’re learning that we have a special day for God, too. Let’s play a game to help us think about all kinds of special days.**

- Say: **First let’s think about the day we celebrate that Jesus was born. Look around the room and find a picture that reminds you of that special day.** Help kids look for the picture of a Christmas tree. After all kids have found the Christmas tree, have them call out the name of the special day.
- Say: **Now look for a picture that reminds you of celebrating the day you were born.** Help kids look for the picture of a birthday cake. After all kids have found the birthday cake, have them call out the name of the special day.
- Say: **Next look for a picture that reminds you of a day we celebrate that Jesus died on the cross and came back to life.** Encourage kids to look for the picture of a cross. After all kids have found the cross, help them name the special day (Easter).
- Say: **Now let’s look for a picture that reminds us of the two special days we celebrate to thank our parents for all they do for us!** Encourage kids to look for the picture of the people holding hands. After all kids have found it, prompt them by saying “Mother’s Day” and asking them to call out the day for dads).
- Say: **Next let’s look for a picture that reminds us of a day we can celebrate people we love.** Encourage kids to look for the picture of a heart. After all kids have found the heart, help them call out the name of the special day (Valentine’s Day).
- Say: **Now let’s find a picture of a special day for God. We might celebrate this day by coming to church to learn about God and praise him with our friends.** Encourage kids to find the picture of kids singing.

Talk About It

Say: **We've thought about lots of fun, special days. It's fun to celebrate special days with our families and friends. One special day we celebrate is our birthdays.**

Share how *you* like to celebrate *your* birthday.

Ask: • **What's *your* favorite thing to do on your birthday?** Kids may say have friends over for a party, eat cake, or go to a special place.

Say: **Our birthdays are special and super fun to celebrate. But our birthdays, and many of those other special days, only happen one time each year. We have a special day for God, and we get to celebrate that every week!**



TALK-ABOUT VIDEO

Busy, Busy, Busy

[10 min]

Supplies

- “Busy, Busy, Busy” teaching video

Discuss and Watch “Busy, Busy, Busy”

Say: **Our weeks can get busy! That’s why it’s important that we have a special day for God.**

Ask: • **How does your family keep track of everything that’s going on?**

This could be a calendar, whiteboard, app, or something else.

Say: **Let’s take a look at a busy family and see what their week looks like.**

Watch “Busy, Busy, Busy.”

Ask: • **Which day of the week seemed like the best day to you in this video?**

• **What’s the busiest day of the week for your family?**

• **What’s your favorite thing to with your family?**

Say: **This family knew that we have a special day for God. Every Sunday, they paused their busy schedule and spent time together and with God. It seemed like they had a lot more fun being together on Sunday! That’s how great it can be when we have a special day for God.**

 **DEEPER BIBLE**
Take a Break

[15 min]

Supplies

- Bible
- music
- music player

Practice Resting

Say: **Today we're learning that we have a special day for God. It's a day God gave us to spend time with him and rest. Sometimes *rest* means *sleep*. Other times *rest* just means taking a break to spend time with God. Let's practice with a little game.**

- Have kids march in place like soldiers. Then say: **Sometimes when we've been working really hard, our bodies need rest. Let's stop and rest. We can talk to God while we rest.** Encourage kids to sit down where they are, and then lead them in a short prayer.
- Next, encourage kids to wiggle and jump enthusiastically. Then say: **Sometimes when we've been playing really hard, we need to take a break and do something else. Let's sit down and pretend to look at the Bible.** Lead kids to sit down and pretend to read the Bible.
- Have kids stay seated and pretend to play a game. This might be pretending to play a board game or a game on a tablet. Then say: **Sometimes we use our minds** (point to your head) **and we need a break from learning. Let's pretend to take a walk outside and rest our minds.** Lead kids in a calm walk around the room, encouraging them to "breathe in the fresh outside air" and imagine nature. Then have kids sit down again.

Take Time for God

Say: **Sometimes our lives get so busy with other things that we need a break. We need time with our loving God. Coming to church is a great way to spend time with God. Let's sing a song together like we do when we're here at church.** Lead kids in a favorite praise song.

Say: **God loves us and wants us to have the rest we need.**

Share *your* favorite way to rest and take a break. It may be going for a hike, reading your Bible, or spending time with friends.

Ask: • **What's *your* favorite way to rest and take a break?** Kids may say they like to sing songs, play outside, or do puzzles.

Say: **In the Bible, Jesus promised to help us rest.** Read aloud Matthew 11:28. **God gave us a special day to help us rest. We can take a break and spend time with him. We have a special day for God.**



LIFE APPLICATION WRAP-UP

Quiet Time With God

[5 min]

Supplies

- blankets, pillows, beanbags, couch cushions, and/or other comfy objects
- quiet music
- music player

Easy Prep

- Distribute the comfy objects around your room so there's enough space for all the kids to recline.

Recline in a Comfy Space

Say: **Today we learned that we have a special day for God. In the Bible, God rested, and we can rest and spend time with him, too. Let's do that now by finding a comfy place to lie down and listen to some quiet music about God.**

Lead kids to find a comfy place. Turn on some quiet worship music. Allow kids to quietly experience rest this way for a few minutes.

Pray

Say: **That was really nice. God says it's best for us to rest and spend time with him often. This kind of rest gives us energy and joy for all the other parts of our lives! Let's thank God for our special day resting with him.** Lead kids in a brief prayer.

Thank kids for coming to church, and ask them to come back again.



ACTIVITY PAGES WITH A POINT

Busy, Busy, Busy

[10 min]

Supplies

- “God's Commandments: The Sabbath” Coloring Page
- pencils
- crayons
- animal stickers (optional)

Older Kids: Do an Activity Page

Say: **We're learning that we have a special day for God. God even showed us an example when *he* took a special day to rest after he finished creating the world. But sometimes our lives get filled with too much busyness and extra stuff! Let's try to cut out the extra stuff in this puzzle.**

Distribute the activity pages and pencils. Kids will cross out the Q's to read the remaining message.

Ask: • **You crossed out the extra letters that didn't need to be there.**

What are some extra things you could remove from your life one day a week so you can focus on God?

• **It was easy to cross things out on our page. Why is it hard to take out extra things in our day to make time for God?**

Say: **We have a special day for God. That means we rest, we honor him, and we make that day special and different from just another busy day. We cut out the extras so we can focus on God.**

ANSWER KEY: The seventh day is a Sabbath day of rest dedicated to the Lord your God.

Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: **One of God's commandments is that we have a special day for God. God even set an example when he made the world and then took a day to rest. Let's color creation and then rest, too.**

Allow time for kids to color. They can also add animal stickers if you have them. After kids color, have them put their crayons down and rest for a little bit.

When kids finish coloring, three-hole-punch their pages and put them into binders, if desired.