Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work which he had done, and he rested on the seventh day from all his work which he had done. So God blessed the seventh day and hallowed it, because on it God rested from all his work which he had done in creation. –Genesis 2:1-3

How do you feel after you've run around playing all day and you fall into a deep sleep in bed while mom or dad read you a happy story? Or, when you share a happy, special meal or picnic with friends and family after a big event in your life like a sports competition, music concert, or dance performance? What is it like to celebrate together after you've worked really hard at practicing for these things and you've done your best? Also, think about how you feel when you've used all your creativity as best you can to paint a picture for your mom, or to write a special card to your dad and then you give it to them and see the joy on their faces! These times are special times of “resting” in each other’s love.

On the seventh day of creation we learn about a similar, holy rest – the Bible calls it a Sabbath. In Genesis we read, “God rested from all His work which He had done in creation.” On the six days before this He used all His creative energies, fashioning every non-living and living creature. He made men and women in His image and offered every beautiful creation in His world as a gift to them. Then, God rested with the first people, Adam and Eve, on the 7th day. He shared a joyful time with them, was pleased to watch them live in harmony with His other creatures, and happily accepted their love in return for His own.

This rest doesn't mean that He stopped working altogether – as Jesus told us, “My Father is always working.” (John 5:17) He was and is always actively reaching out to His people and involved in our lives. What it does mean, is that when He made humans He stopped creating new creatures. We are the “crown” of His creation, the “completion” of His beautiful works. We are “fearfully and wonderfully made.” (Psalm 139:14) God rested, because He took His rightful place following His creation.
Christians celebrate their Sabbath on Sunday because it is the day on which Jesus rose from the dead. He is our King, and a Sabbath refers to when a ruler takes his place on his throne to maintain his kingdom after he establishes it.

Every day of the week is blessed and it is good to be happy and celebrate joys in life all the time! The Sabbath is special because it God set aside a whole day of the week as a gift for us to sit back a little, rest our bodies and souls from hard work and too much activity, and to connect with God and others, in prayer and thanksgiving.

You can say the following scripture verse as a prayer any day, and especially on Sunday mornings when you are getting ready to go to church:

“This is the day the Lord has made. Let us rejoice and be glad in it!” (Psalm 118:24)

Now read and discuss the following, adapting as needed depending on the age of your child(ren):

• What do you think about when you hear that God rested on the 7th day?

• What kind of “rest” do you think God wants for us to have on Sabbath days?

• Does your family’s Sunday feel restful in the same way God rested with Adam and Eve?

• Why do you think it is important to rest from a lot of activity sometimes?

---

**Holy Communion**

Sunday is best spent in worship of Our Lord and Savior as we thank Him for all He is and all He gives us. We do this as we go to church and pray with our church family. Go to Divine Liturgy and joyfully receive Holy Communion. Jesus is waiting for you! He is so excited to see you and be near you! It’s like He stretches out His arms and hugs you warmly through the priest as you receive the Holy Gifts.

When we receive Holy Communion our bodies and souls are joined to Jesus’s. There's nothing better than that in the whole world! We become like a new people when we let Him enter us. We see life more and more as He sees it, we understand better Who He is, and we also see how full of goodness everything is that He made.

The saints teach us that all of creation changes for the better when Jesus feeds us His Body and Blood as our spiritual food in the blessed bread and wine. We receive His great love and our hearts begin to fill up with that love. It's passed on to our friends and family and everyone we
This Saturday, June 3, is the fourth and final Saturday of Souls service. During the celebration of the Divine Liturgy, a memorial service for those who have fallen asleep in the Lord will be offered. This is a great time to prepare koliva (memorial wheat) as a family and make a list of departed loved ones to submit with it. Consider doing the following as you prepare:

- Take some time to pull out pictures of family and friends who have passed. Share memories and stories of them. Those who knew them will enjoy telling the stories, and those who never met them will learn about both the departed and those telling the stories. In doing this, you are making their memory eternal!

- If you are near the cemetery where your loved one is buried, visit and take flowers or something to adorn the gravesite. If possible light a vigil candle. Some people sprinkle blessed koliva on the graves as well.

- Read the Epistle (Thessalonians 4:13–17) and Gospel (John 5:24–30) readings from the funeral service and discuss.

For this is the safest way to protect the good things you enjoy: Realize how much your Creator has honored you above all other creatures. He did not make the heavens in His image, nor the moon, the sun, the beauty of the stars or anything else which surpasses understanding. You alone are a reflection of eternal beauty, a receptacle of happiness, an image of the true light. And, if you look to Him, you will become what He is, imitating Him who shines within you, whose glory is reflected in your purity. Nothing in the entire creation can equal your grandeur. All the heavens can fit into the palm of God's hand; the earth and the sea are measured in the hollow of His hand (Is. 40:12). Although He is so great that He can hold all creation in His palm, you can wholly embrace Him. He dwells in you.

Honoring God's Creation: Less Is More!
In Liturgy we are reminded to rest from all the worries of life, to “lay aside all worldly cares.” So, do less unnecessary work! Rest from the frenzy of the many activities in your weekday schedules. Do your grocery shopping, house cleaning and chores any other day of the week, if at all possible.

Talk about your priest’s sermon and the Gospel message you heard in church, as you eat a meal together after Sunday Liturgy. Lounge around as a family, sharing some “cuddle time.” Read Holy Scripture and stories about the lives of saints together. Take a walk or bike ride with a friend or family member. Rest in each other’s love.

Vitamin d: Creating with god

Resting with God

Teaching Our Kids About Sabbath
No crafting ideas here, instead you will find suggestions on ways to pray, fast, read, and sing with your children to teach them about devoting the whole Sabbath to God. https://www.trueaimeducation.com/the-creation-story-for-kids-day-7-gods-rest/ https://www.trueaimeducation.com/keep-the-sabbath-for-your-kids-sake/

Putting God First
This paper plate craft has one immovable arrow that “points to God first” among all other activities: https://www.pinterest.com/pin/41165784081380383/.

This sweet printable features the quote “This is the day the Lord has made. Let us rejoice and be glad in it”(Psalm 118:24). It can be embellished with cotton balls for clouds and a glued on construction paper hot air balloon: https://paththroughthenarrowgate.com/hot-air-balloon-craft/.