



## SPf: Say Prayers frequently god's creation - day 7 - god rested

*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?**

## dive in: honor god's creation

### 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

meet. It also grows inside us and we treat His creatures with that love. We become careful with each other, our pets, plants and animals, water, land, and air, because God's love is like that. It cares.

### **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**

Paper Plate Days of Creation Series: God's Rest Craft:

<https://ithappensinablink.com/creation-day-7/>.

### **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/>.

