

God Created the World

The Gospel Project: Unit 1 Session 1

Genesis 1-2

Midweek Bible Class

Week of August 24th, 2025

Christ Connection: By faith, we believe that God created the whole world by His word. (Hebrews 11:3) Jesus, the Word of God, is Lord over all of creation. Everything was created by Him and for Him. The Son has always existed, and He holds everything together. (Colossians 1:16-17)

Big Picture Question: Who is God? God is our Creator and the King of everything.

Memory Verse: PS: The earth is full of God's creatures. Psalm 104:24; Elem: How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures. Psalm 104:24

Spiritual Discipline: Rest

Leader Bible Study: This week we begin to talk about a spiritual discipline that many desire, yet few would say they experience enough: rest. Unlike some of the other disciplines we'll be covering, kids are familiar with the concept of rest, but most have probably not thought about it in spiritual terms. But in this week's Bible story, we see that rest was not only established by God at creation, He partook in it as well.

Our Bible focus for Midweek this week in the same passage as the kids studied during Bible study, Genesis 1-2. The first 34 verses of the Bible cover seven days, and God set the entirety of one of those days aside to rest. He spent just over 14% of the creation account resting. And the crazy part is, God doesn't need rest! He is

unchanging, constant, steady, and does not grow weary. So why did He devote so much time to resting? Because he knew that we were going to need it. He knew that as humans, we would grow tired and weary, and that exhaustion would drive us further away from Him.

He created rest as a gift to humanity. But how often do we see rest as a gift? Our society is much more likely to brag about a full schedule, how few hours of sleep we're running off, or how many cups of coffee we've consumed. If we saw rest as a gift, we would instead boast in the goodness of God in providing empty weekends at home, the peace of God in nights unmarked by the stress of our job, or the call of God to live a countercultural life as we say no to overcommitting ourselves or our kids.

Over the next few weeks, we'll lead kids to see that the spiritual discipline of rest is more than just taking a nap, sleeping in later or playing video games. They'll see that it is a way to take a break from our normal routine to seek a deeper connection with God. As you prepare to lead this week, pray that you would choose to see rest as a gift from God and that you would seek opportunities to draw closer to Him through quiet, still moments.

Welcome

Sing Songs

Roll a Brain Break

Materials: dry erase board, marker, 2 different color die

Prior to the activity, write the following numbers and actions on a dry erase board: 1- jumping jacks, 2- toe touches, 3- lie on the ground and count to 10, 4- spin around, 5- give someone a high-five, 6- hop on one foot. Lead kids to form a circle. Give one kid the two different color dice to roll, one color will determine the action and the other will determine how many times kids will complete the action. Continue playing, giving different kids turns to roll the dice.

[Learn About Rest](#)

Review Spiritual Disciplines

Materials: none

Say, ***“During this time each week we come together to learn about and practice spiritual disciplines.”***

Ask, ***“What is a spiritual discipline?”***

Say, ***“A spiritual discipline is a practice, or a repeated action, that we do to help us grow in love for God and godliness. Some examples of spiritual disciplines are worship, prayer, celebration, fasting, Bible study, service, rest, and generosity. Let’s get started with a game!”***

Group Game: Cease!

Materials: none

Invite kids to spread out around the game area. Explain that you will give a command, which they will do until you call out “Cease!” When they hear the word “Cease!” they will quickly lie down on the ground until they hear the next command. Continue play as time allows, offering kids turns to call out the commands.

Say, ***“We don’t use the word ‘cease’ very often, but based on the game we just played what do you think the word ‘cease’ means? (Allow responses.) That’s right! It means to stop, to halt, or to put an end to something. That’s why when I called out ‘Cease,’ you stopped whatever action you were doing.”***

Introduce the Discipline of Rest

Materials: none

Say, ***“Today we are beginning to focus on the spiritual discipline of rest. The word rest is probably familiar to you, but you may not have thought about how it connects to our walk with God.”***

Ask, ***“What do you think of when you hear the word ‘rest’?”***

Say, ***“Those are all great thoughts. Most of us thought of actions like sleep, quiet time, a nap, or maybe lounging on the couch and watching TV or playing a video game. Those activities can be restful, but we’re going to talk about a more specific type of rest: the spiritual discipline of rest.”***

Ask, ***“Let’s think back to the game we just played. What do you think the word ‘cease’ has to do with the discipline of rest?”***

Say, ***“Over the next five weeks, we are going to define rest as ceasing activity with the goal of growing in love for God and the desire to continue serving Him. So, while activities like sleep, reading, playing video games, or watching TV can be part of the spiritual discipline of rest, that’s not all there is to it. That’s because the spiritual discipline of rest involves ceasing, or stopping, our normal schedule or tasks and slowing down, with the goal of growing closer to God.”***

Read the Bible

Materials: Bibles

Ask, ***“In Bible study this week, we learned about creation. What did we see God create?”***

Say, ***“That’s right, God made the heavens and the earth. Then He made light, sky, land, and oceans. He made the moon, the sun,***

and the stars to help us separate days and months. God created so many wonderful plants, trees, fruits, and vegetables! And He used His creativity to make animals and fish and birds. And then He created Adam and Eve.”

Read Genesis 1:31.

Ask, ***“In how many days did all of this creating happen?”***

Say, ***“Yes, God created the entire world and everything in it in six days. God saw that His creation was good. Let’s read Genesis 2:1-3 to see what He does next.”***

Read Genesis 2:1-3.

Ask, ***“Wow! Did you notice it? What did God do on the seventh day?”***

Say, ***“After He completed His work during the first six days, God rested. And not only that, He said that the seventh day would be special, or holy.”***

Ask, ***“Do you think God was tired?”***

Say, ***“No, God never becomes tired. We call that inexhaustible. The Bible tells us this in Isaiah 40:28, which says, ‘Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the whole earth. He never becomes faint or weary; there is no limit to his understanding.’”***

Ask, ***“So if God never grows faint, weary, or tired, then why did He choose to rest?”***

Say, ***“God knew that we, as humans, would need to rest. He knew that our bodies, minds, and souls would need to take a break from our normal routine and focus on Him. So He gave us an example right at the start of creation! Think back to our game, if I had just kept on calling out different actions without saying, ‘Cease!’ do you think you could have kept on going on and on? The break helped revive you and give you energy for the next movement. We follow God’s example when we practice the spiritual discipline of rest.”***

Christ Connection

Materials: none

Say, ***“Jesus has always existed. Even though we don’t read His name during the story of creation in Genesis, we can see that He is present when we read Genesis 1:26 which says, ‘Then God said, ‘Let us make man in our image, according to our likeness.’ God uses the word ‘us’ because God the Spirit and God the Son, or Jesus, were both there as well. From the very beginning of the Bible, we see God’s plan to send a Savior take form.”***

Group Activity: Slow Motion

Materials: none

Lead the kids to spread out around the play space. Explain that you will give them a movement to do, but they must do it in slow motion. Movement ideas include shooting a basketball, dancing ballet, jogging, swinging a baseball bat, playing a violin, skipping, jumping rope, or playing hopscotch.

Say, ***“It probably felt weird to do those actions in slow motion, and when you saw other people around the room moving so slowly it probably looked silly. Those are activities that are***

normally done quickly, so it is noticeable when we slow them down. This can be how it feels when we first begin to practice the spiritual discipline of rest. We are not used to slowing down our schedules or our lives, so it feels weird or different when we first do so. But God asks us to rest, and He even gave us an example! So it is worth it to feel a little unusual at first, because as we continue to practice rest, we will become more and more used to it and appreciative of those times of slowing down."

Follow Up on Last Week's Challenge

Materials: none

Say, ***"Last week, our challenge was to share three reasons you can worship God with your family."***

Ask, ***"How did the challenge go? What were some of your reasons to worship God?"***

Introduce This Week's Challenge

Materials: none

Say, ***"This week, our challenge is to draw your favorite part of creation and then pray and thank God for giving us the perfect example of what it means to work and rest well."***

[Love God by Practicing Rest](#)

Watercolor Creation

Materials: white construction paper, watercolors, paint brushes, water cups

Distribute the supplies. Read Genesis 1-2:3 aloud and encourage the kids to paint what is being described. They can either paint the entire story of creation or focus on one aspect that especially

stands out to them. Afterward, encourage kids to show their creations to the rest of the group and describe what they chose to paint and why.

Close in Prayer

Materials: none

Say, ***“God, thank You for all that You have created and thank You for finishing Your time of creation with a day of rest. Help us to follow Your example and choose to rest. Amen.”***