

Dear Friends,

Get ready to embark on an incredible journey through the timeless pages of the Bible with our brand-new series of lessons designed to ignite your faith and strengthen your bond with your family. As we dive into the first lesson, prepare to be captivated by the awe-inspiring account of creation found in Genesis 1-2

In Lesson 1, we'll explore the profound significance of keeping the Sabbath day holy, as outlined in Genesis 2:1-3. But before we delve into the specifics, let's rewind to the very beginning. Genesis 1 paints a breathtaking picture of God's creative power as He meticulously crafts the heavens and the earth in six days. From separating light from darkness to filling the seas and skies with wondrous creatures, each step of creation reveals the intricate beauty of God's design.

Yet, amidst this grandeur, there's a moment that stands out above the rest—the seventh day, when God rested from all His labor. But why did He choose to rest, and why did He command us to do the same? This is where our journey takes on profound meaning. Through Scripture memory cards and engaging activities like coloring pages and mini-books, we'll unravel the deeper significance of the Sabbath day and its role in cultivating a Christ-centered home.

So, gather your family, grab your crayons, and join us as we embark on this adventure together. Together, let's discover the joy and blessing of honoring the Sabbath day, and let's watch as it transforms not only our Sundays but every aspect of our lives. I would love to see what your family does! Take pictures and tag

[@bible_heroes](#)

Get ready to be inspired, uplifted, and drawn closer to God than ever before.

Yours in faith and friendship,

XOXO
Rochele 

What you will need for this lesson

- Crayons
- Scissors
- Glue Stick
- Stapler
- Sugar Cookie Dough
- Frosting
- Fruit: Blueberries, Blackberries, Strawberries or Pineapple, Banana, Kiwi and an Apple
- If you have one you can use a small flower cookie cutter and a small star cookie cutter. If not just slice the fruit



The Creation

Keeping the Sabbath Day Holy

1. Lesson: Creation in 6 Days

- Begin by discussing the story of Creation as described in Genesis chapters 1 and 2.
- Highlight the significance of God's work in creating the world in six days and resting on the seventh day.
- Emphasize the importance of recognizing God as the Creator of all things and the beauty of His creation.

2. Song: Sabbath Day

- Listen to or sing the "Sabbath Day" hymn by Paul L. Anderson and Lynn R. Carson. Reflect on the lyrics and the importance of honoring the Sabbath.

3. Scripture: Genesis 2:2

- Read Genesis 2:2: "By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work."

4. Activity

- Mini Book: Provide materials for children to create a mini book illustrating the six days of Creation. Encourage them to reflect on each day's work and God's rest on the seventh day.
- Sabbath Day Coloring Sheet: Hand out coloring sheets depicting scenes of rest and reflection to reinforce the concept of keeping the Sabbath Day holy.
- "Ice Cream Sunday" Activity: A fun activity to help your child understand why finding things that show our Love for Jesus Christ to do on Sunday is important.

5. Treat

- Fruit Pizza: Serve fruit pizza as a symbolic treat representing the beauty and abundance of God's creation. Discuss how the different fruits and colors reflect the diversity of creation.

6. Discussion Questions

- What feelings do you experience when you think about the story of Creation?
- What do you think it means to "rest" as God did on the seventh day?
- Why do you think God tells us to keep the Sabbath Day holy? What do you think it signifies?
- How can we honor the Sabbath Day in our daily lives? What activities or practices can help us keep it holy?





- **Bonus Fact**

- Share the exciting fact that God tells us to keep the Sabbath Day holy 172 times in the Bible, emphasizing its importance as a commandment and a principle of faith.

By engaging children in storytelling, music, hands-on activities, and discussion, this lesson plan aims to deepen their understanding of Creation and the significance of honoring the Sabbath Day as a day of rest and reflection.

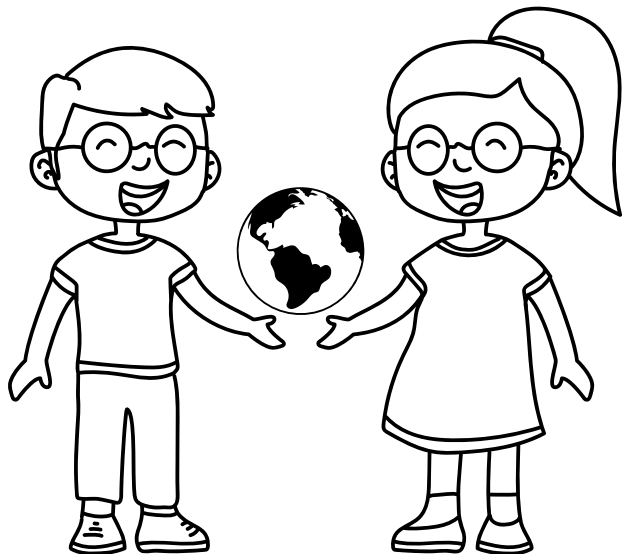


Mini Book Instruction

Color the Mini Book and Cut the paper on the yellow lines. Staple it together on the left hand side and sit down together and enjoy reading about God's creation.

God's Creation

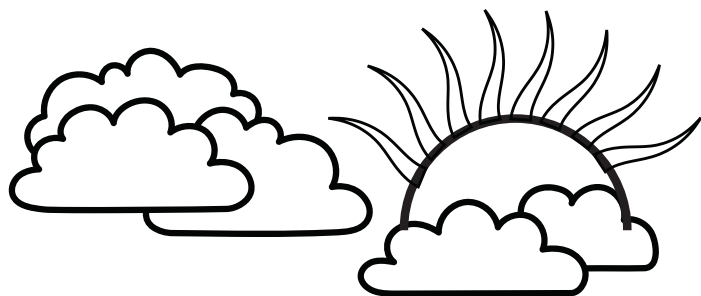
Mini Book



Light

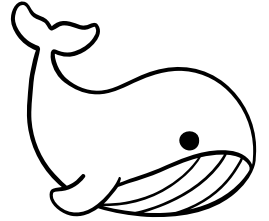
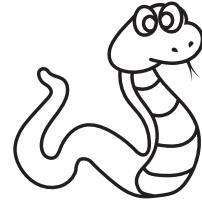
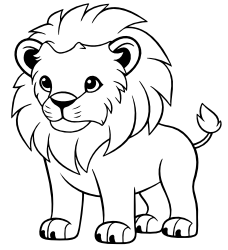
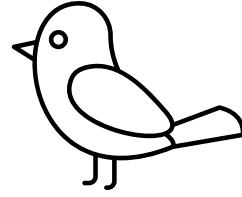
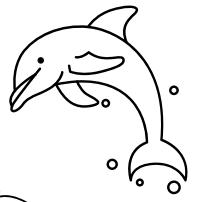
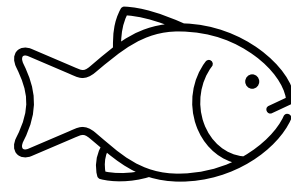
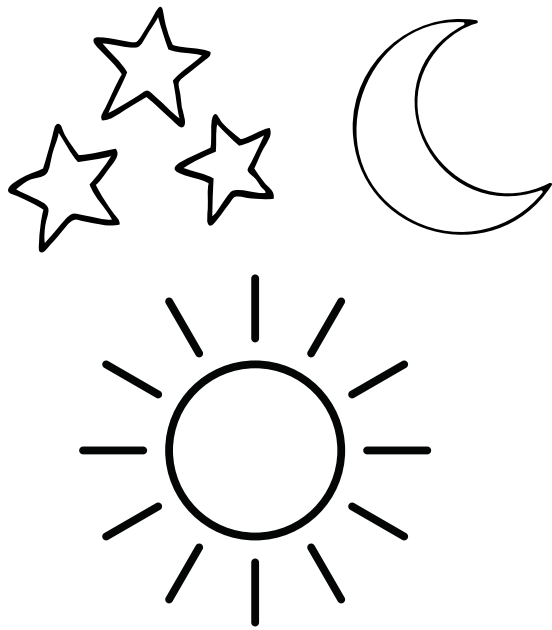
Dark

1st Day



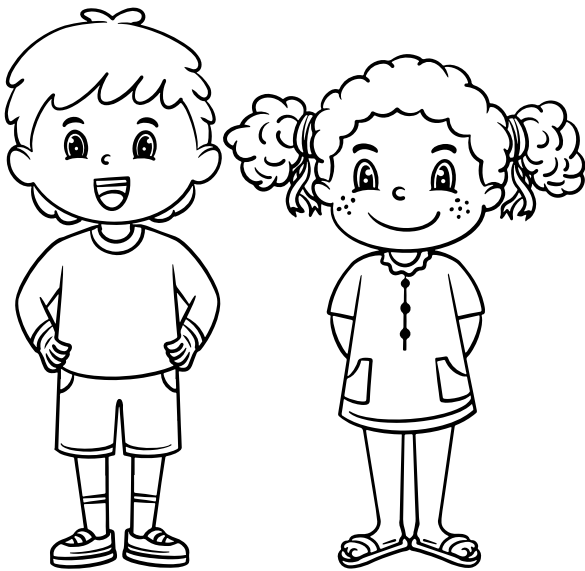
2nd Day

3rd Day



4th Day

5th Day



He rested

What does it mean to rest?

6th Day

7th Day

Genesis 2:2



And on the seventh day God ended his work which he had made and he rested on the seventh day from all his work which he had made.

KJV

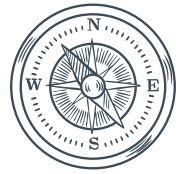


Scripture Memory

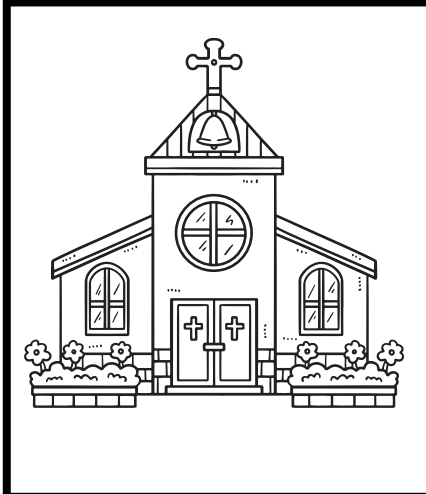
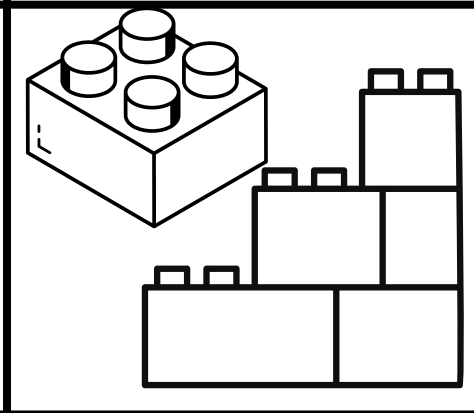
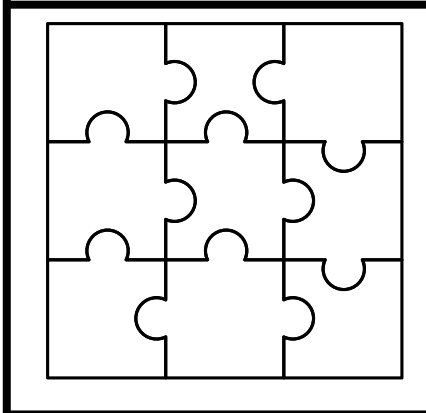
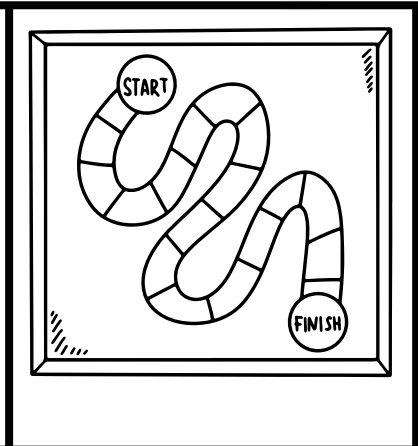
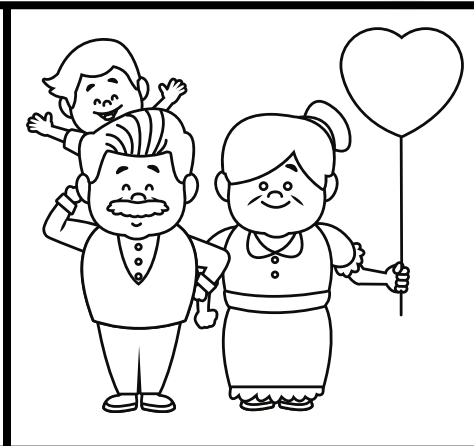
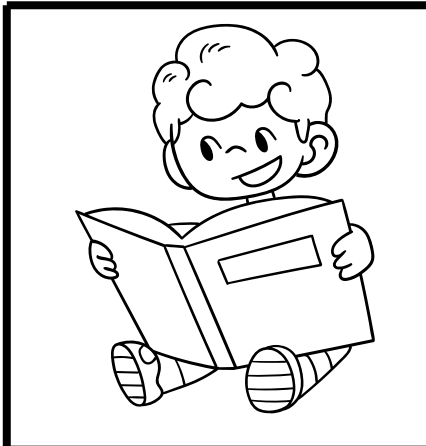
Ready to dive into some scripture memory? Print off your Scripture Memory card on sturdy cardstock and, if possible, laminate it for extra durability. This card is your ticket to memorizing some powerful verses. Keep it close, and with each lesson. Imagine collecting them all—it's like gathering Infinity Stones, but instead of snapping your fingers, you'll be snapping scriptures into memory!



Keeping the



Sabbath Day Holy



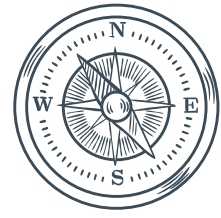
serving others



Making a
treat to share



The Creation Fruit Pizza



Start by making sugar cookies, either as one large cookie or using pre-made sugar cookie dough from the store. Follow the baking instructions, and then you can proceed to decorate the cookie.

Day 1: God created the Light and Darkness
Color half your frosting a dark color and leave the other half white

Day 2: God created the firmament;
Use blueberries and blackberries

Day 3: God created the land and sea. All the plants, trees, flowers and fruit;
If you have a flower cookie cutter use it to cut flowers out of pineapple or make out of strawberries.

Day 4: God created the sun, moon and stars;
Use a yellow fruit like a banana. If you have a star cookie cutter use it if not just slice up the banana.

Day 5: God created the animals on land in the air and sea; Kiwi fruit is named after a bird.

Day 6: God created Adam and Eve; Use an apple to represent Adam and Eve

Day 7: God rested; Now you rest from your labors and eat your pizza.

Isaiah 58:13-14 Discuss how the Lord has asked us to set aside this day as a day of rest. What does that mean? We should rest from our labors and allow others to do the same.

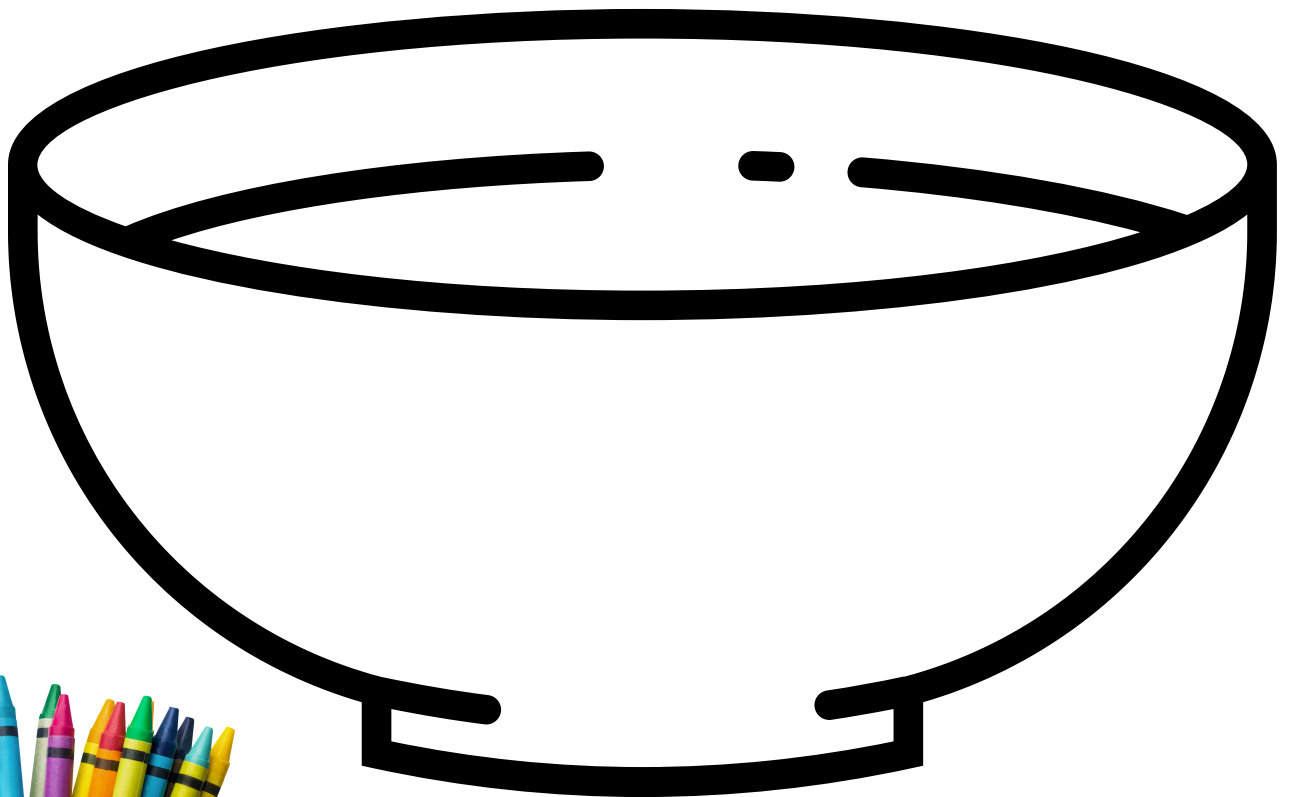
The Sabbath is so important to the Lord he made it a commandment. He wants this day to be different than any other day.

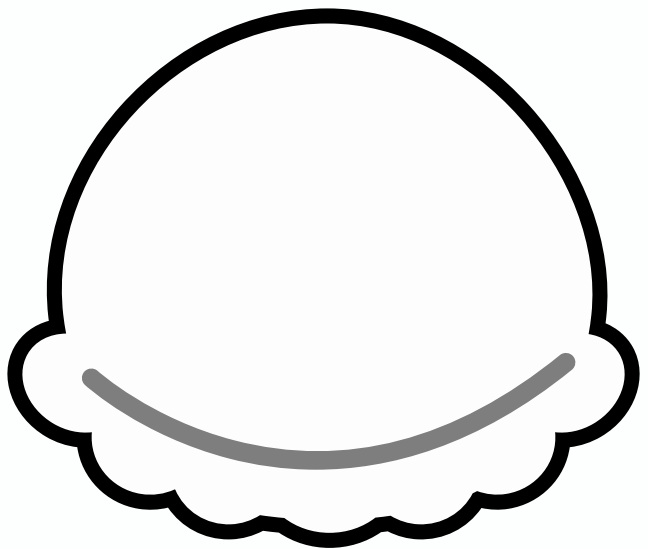
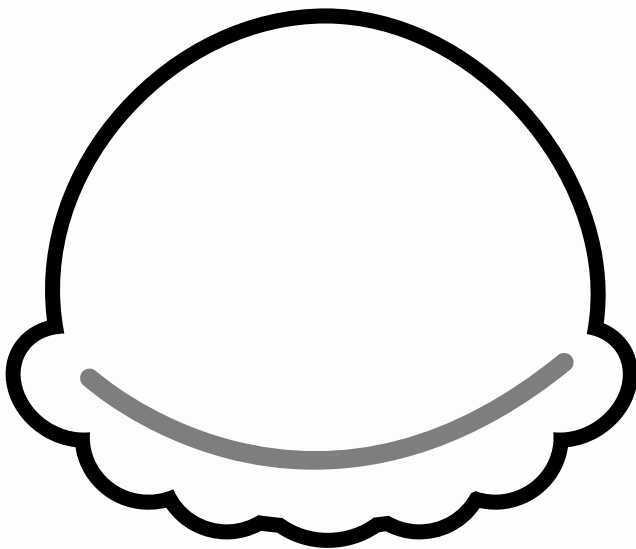
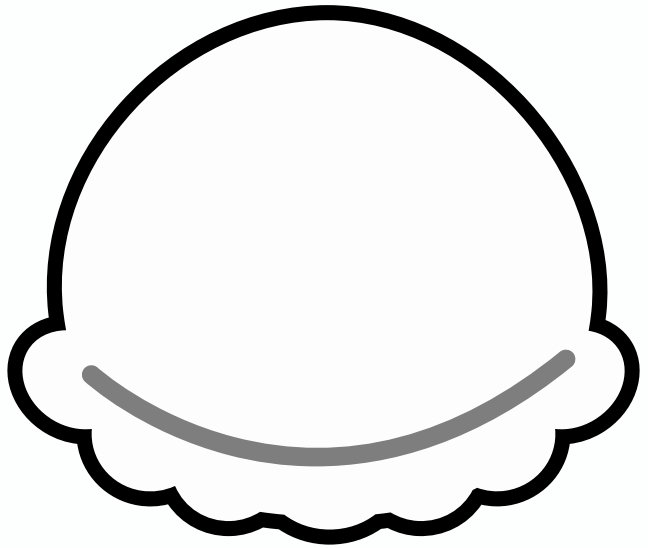
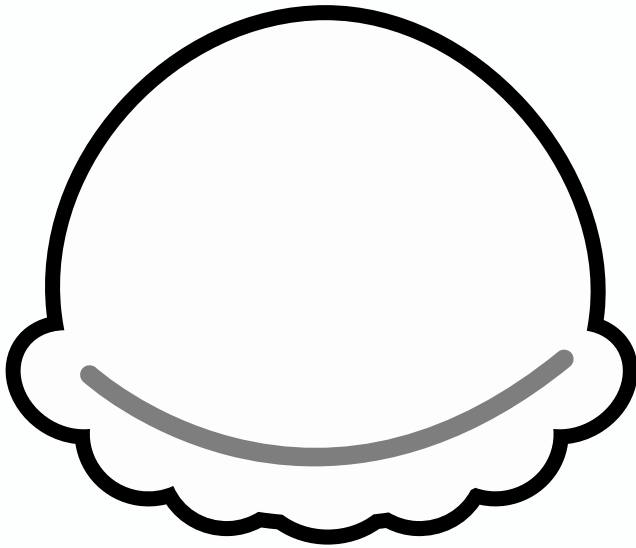
Ice Cream “Sunday”

Ever thought about how much joy our Heavenly Father wants us to experience? He's all about our happiness, and He's given us a beautiful gift—a special day each week just for Him. Let's make it as delightful as an Ice Cream "Sunday"!

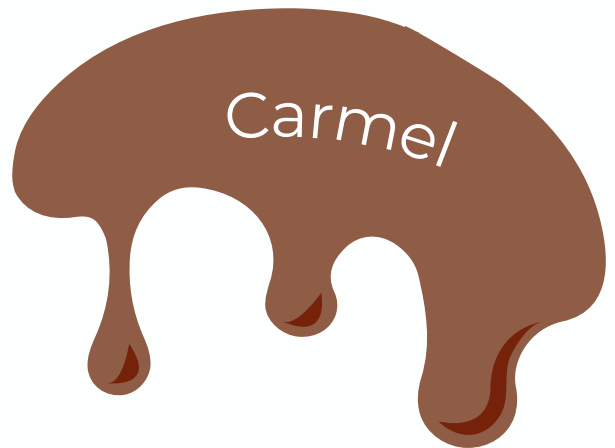
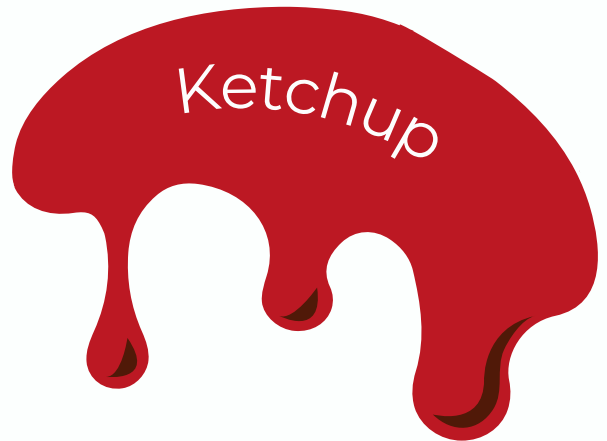
You know how certain toppings make ice cream even better? Well, think of Sunday as our chance to sprinkle our day with activities that bring us closer to God and fill us with joy. It's like crafting the perfect ice cream sundae, but instead, we're creating the perfect day dedicated to our Creator.

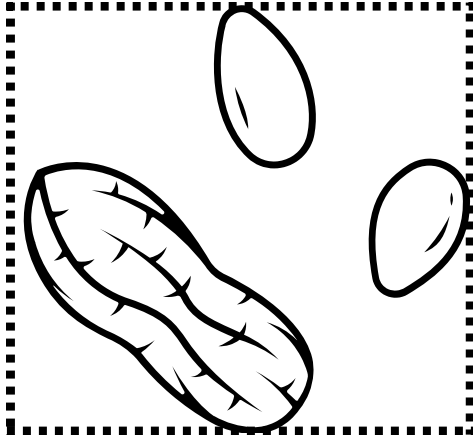
Ice Cream "Sunday"



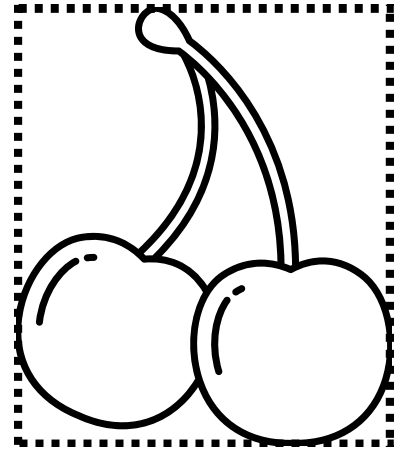


Bible Heroes

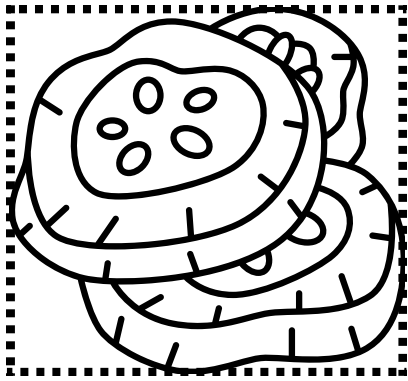




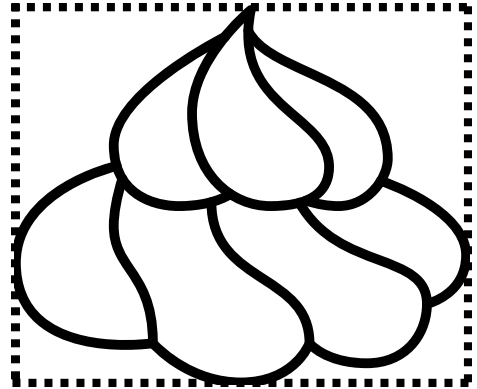
Nuts



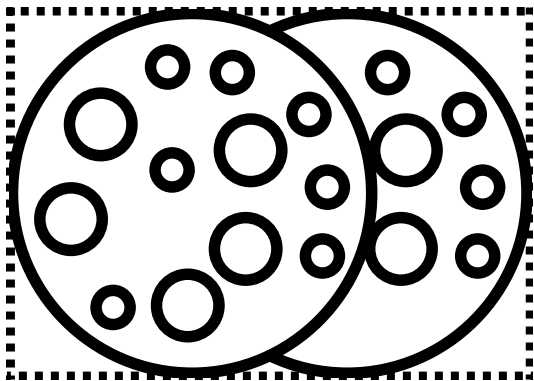
Cherry



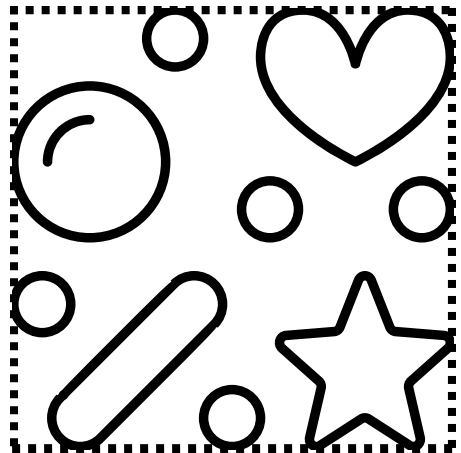
Pickles



Whipped cream



Pepperoni



Candy sprinkles

