CONFERENCE CURRICULUM
YEAR 1 – Refreshed by God

Day 1: Seventh Day of Rest

Overview:

Key Focus: God's gives you rest in the seventh day

Bible Story: Creation Story

Scriptures: Genesis 1 & 2

Week's Memory Verse:

Psalm 34:8 Taste & see that The Lord is good; blessed is the one who takes refuge in him.

Lesson:

Hello everyone and welcome to camp! We are so excited for this week! I hope you all have come prepared for a week of wonderful adventures and learning as we explore God's word. We have very special stories that we will be telling you each day. Being outdoors can be challenging. On a camping trip you have to think about preparing for weather, packing enough food. You might have to be in the hot sun or hike up big mountains. So, this whole week, we will focus on how God is a God who refreshes us

when we are weary, tired, or defeated. Because no matter what comes against us in our lives, we are ready and refreshed to face it through God.

Today, we are talking about how God made way for restoration from the very beginning. We'd love for you to follow us our story! We will be starting in the very first book of the bible, Genesis!

Let's start at Genesis 1:1, *"In the beginning God created the heavens and the earth. The earth was without form, and void; and darkness was on the face of the deep. And the Spirit of God was hovering over the face of the waters."* God started with nothing and made the beautiful world we live in now! How amazing! Then, He started making each part of the world.

Day 1 - (Read Genesis 1:3-5) He started with creating light! God separated the light from the darkness and called it night and day!

Day 2 – (Read Genesis 1:6-8) God created the firmament, which separated waters from Heaven.

Day 3 – (Read Genesis 1:9-13) God separated the land from the seas and put plants on the land.

Day 4 – (Read Genesis 1:14-19) The sun, moon, and stars were the next things to be created. He placed the Sun to move in during the day. The moon and stars were made to move in the night.

Day 5 – (Read Genesis 1:20-23) On this day, God created the creatures for the sky and for the water. He placed birds in the sky, and fish in the seas!

Day 6 – (Read Genesis 1:24-31) God then created the land animals and everything that moved on the ground. And last, God made Adam and Eve and put them in charge over everything He has created. He created these things for man, so that we could be blessed and live in it. He gave man dominion over the animals and he gave the plants for us to harvest and eat.

Day 7 – (Read Genesis 2:1-3) God made the seventh day a day of rest. He blessed and sanctified that day.

Wow! God put so much care into every piece of the world that He made. He had made each part, looked it at it, and called it good. He was so proud, like an artist is proud when they are done working on their masterpiece!

If we look back on each day they all have something in common. Each day that God was creating, the Word ends each day with; "*And God saw that it was good. There was evening and morning and that was the (first, second, third, etc.) day"* But when we look at the seventh day, it ends differently. Let's read Genesis 2:2-3 again! *"By the seventh day God had finished the work he had been doing; so on the seventh day He rested from all His work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that He had done."* It does not quite end the same way. Almost like the day does not have an end like the other days of creation. If the seventh day for God has not ended, then that means that is where we are living in God's time.

Sometimes life might feel like we have to always be working really hard. We might have to work really hard at school or help around the house. One day you will even have to get a job to provide for your own families! It is good to do all of those things. In fact, God wants those things for you! But He also wants you to rest knowing that His plan is a great plan. We are all living in God's seventh day – God's rest. What does this mean for us? It means that we do not have to worry about what is coming because God has already put plans in place. He has created all that we need to live our lives fully. We don't have to worry about challenges that may rise or not having enough to live. Adam and Eve were given food, fellowship, safety, and a perfectly beautiful place to live in peace. That is what God wants for us too! God has big plans for you, but we can rest knowing that God wants us to live in His perfect peace.



Pop Quiz!

Let's see how much you remember about today's story! You can ask these questions in groups, as a whole class, or pass out the questions on an activity sheet.

- Where in the bible is the story of creation located? (Genesis)
- How many days of creation were there? (Seven)
- What was the first day? (Light)
- What was the second day? (The firmament, separating earth from heaven)
- What was the third day? (Land, plants)
- What was the fourth day? (Sun, moon, stars)
- What was the fifth day? (Birds, fish)
- What was the sixth day? (Land animals and man)
- What was the seventh day? (Rest)

- What did God say after each thing he made? (It was good)
- Who were the two people God created? (Adam and Eve)
- What job did God give Adam and Eve? (He gave them dominion over the whole earth)
- What does dominion mean? (To be in charge of)
- How does Genesis 1:1 start? (In the beginning, God created the heavens and the Earth)
- Why did God create the world for us? (So, we could be blessed and live in it. Other answers may vary.)
- Which day didn't end? (Seventh)
- Who made you? (God)
- What do we get to live in forever? (God's rest)
- What do we have to worry about? (Nothing)
- Who gives us rest? (God)