

GO DEEPER

BOTTOM LINE

GOD IS CREATOR

MEMORY VERSE

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:2 (NLT)

BIBLE PASSAGES

DAY 1: Read - Genesis 1:1-8

In the beginning there was nothing. But then, God created. All God did was speak, and light appeared. This is not the light we know from the sun, but it was a special light from a source only God knew. God separated the light and dark on day one, and saw that it was good. On the second day, God divided the water into parts so that there would be water and air. Today, when you turn on or off a light, see water, or breathe in air, think about God the Creator and His amazing power!

DAY 2: Read - Genesis 1:9-13, Romans 11:36

Have you ever thought about what the appearance of dry land would have involved? Mountains, valleys, boulders, springs, rivers, waterfalls, caves, beaches, gravel, clay, and so much more appearing for the first time! God also knew we would need plants for food, clothing, and shelter. God the Creator thought of everything we would need before even creating us! Today, praise God the Creator for how He provides.

DAY 3: Read - Genesis 1:14-19, Psalm 8:1-4

Isn't it incredible how the Earth is just the right distance from the sun so that we receive the right amount of light and heat? Isn't it unbelievable how the moon, a rock, is able to reflect the light of the sun, giving us light at night? If you look into the night sky filled with stars, doesn't it amaze you at how big our God is! Tonight, go outside and look up at the stars. As you look at the stars, tell God how you feel about Him.

DAY 4: Read - Genesis 1:20-31

By day five, God's Creation was ready to receive living creatures! God had already created day, night, water, land, and plants. God now began to fill His Creation with living things. On day five He created all the creatures that live in the air and waters. Then, on day six God started by creating all land animals. But Creation wasn't complete. Next, God created Adam and Eve to be in relationship with Him. He created them in His own image. Praise God for creating you to be special to Him.

DAY 5: Read - Genesis 2:1-2, Psalm 121:4, Exodus 31:13

Why do you think God rested on day seven? God did not need to rest. He's God! He never even sleeps! God rested to give us an example of what our weeks should look like: six days of work and one day of rest. God rested and gave us an example for Sabbath. Unlike God, our bodies need physical and spiritual rest. Every week we should Sabbath, or have a day where we rest, relax, and focus on God.



MAKE A SABBATH PLAN

Materials: Sabbath Activity Sheet, Sabbath Family Plan (attached to pdf)

Why did God rest? God does not need rest Himself, but He wanted to show that we are to set aside a special day for thinking about Him and the work He has done for us. This day of rest is known as Sabbath, and it is to be set aside as a special and holy period of time. The exact day of the week is not as important as the concept itself. Many people choose to honor the Sabbath on Sunday, but some people might have to work on Sundays and pick a different day to honor the Sabbath. What day you choose to Sabbath and what is considered work or not work are the kinds of details that the church leaders were so worried about in the times of Jesus, and they criticized Him for not following all of their picky rules. The important thing about the Sabbath is that we do have one day a week we set aside for rest and to focus our attention on God and what He has done for us..

Together, as a family, create your own Sabbath Day plan using the activity guide and family plan provided. You can also read about some great family friendly Sabbath ideas at Shine Bright Mom. There are a lot of ideas, but just start with one or two simple activities that will work for your family: <https://tinyurl.com/sabbath-w-kids>. Remember to make it about God, make it special, and make it restful.



CREATION SCAVENGER HUNT

Materials: Scavenger Hunt Guide (attached to pdf)

Get outside and enjoy what God has created! Use the guide and see how many elements of creation you can find. Do you remember what day each item was created on? As you find each item on the list, think about what you just found. Is there a way to praise God for creating that specific thing you found? Psalm 66:4 says, "All the earth bows down to you; they sing praise to you, they sing the praises of your name." Use your time in nature to join in with creation in praising God!



MEMORY POSTER

Materials: Paper, Art Supplies

This week we have a new memory verse. Create a poster with the verse on it to so you can remember and know God's Word. Get creative and colorful! Fill your poster with things that remind you that God is Creator. Send a picture of your completed poster to us at brkids@blueridge.org. We'd love to see your creativity and you may even see your poster featured on Banana News!

Our Sabbath Day Plan

Our family will prepare for Sabbath by making sure we

_____ , _____ ,

and _____ beforehand.

We will Sabbath on _____.

Sabbath is a day we will do things like _____ ,

_____ , _____ , and

_____ .

On Sabbath we will not do things like _____ ,

_____ , _____ , and

_____ ,

Together our family will make the Sabbath a special day!

Family Signatures:

Date:

Sabbath Day Ideas

Take a walk or bike ride
together

WRITE IN YOUR JOURNAL

Have a meal with family or friends

Read the Bible

Write a letter to someone

**LOOK THROUGH FAMILY
PICTURES**

**Plan a random act of
kindness**

Spend time with your family

**Write a list of things you are
thankful to God for**

Listen to worship music

Visit someone who could use
some company

**DRAW PICTURES TO DELIVER TO YOUR
NEIGHBORS**

Practice memorizing Bible
verses

READ A BOOK

Take dinner to a friend

Act out stories from
the Bible

Watch church videos

Take a nap to rest

Spend time talking to God

God's creation Scavenger hunt



Enjoy a walk in God's creation
and see what you can find?



leaf



bird



bug



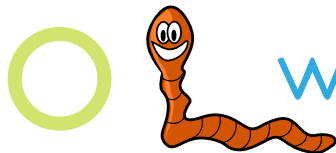
water



tree



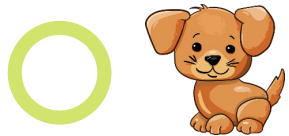
cloud



worm



soil



dog



stone



duck



grass



seed



flower