

## Activity: Make Time for Rest Work and Rest Series



**FAMILY TIME  
TRAINING**

Teaching goal: It is easy for our lives to get too busy. We need to make time for rest.

Scripture: Genesis 2:2 [God] rested on the seventh day from all His work.

Exodus 20: 8 (The 10 Commandments) Remember the Sabbath day to keep it holy.

Matthew 14:23 ...And after [Jesus] had dismissed the crowds, He went up on the mountain by Himself to pray. When evening came, He was alone.

Ecclesiastes 4:6 Better is one hand full of quietness than two hands full of toil and a striving after wind.

Psalms 46:10 Cease striving [Be still] and know that I am God.

Psalms 51:10 Create in me a clean heart, O God, And renew a steadfast spirit within me.

Materials: 3 clear glasses, dirt, and a spoon

- I. Play theme song
- II. Pray
- III. Review last lesson
- IV. Lesson and discussion

✓ Words written in **bold** are when the leader is speaking. Feel free to use your own words.

**A. Rest is important to God. It is so important that He included it as one of the 10 commandments.**

**Rest is not just sleep. Rest is time to slow down from busy activities and listen to God. The Bible talks about Sabbath, which is a rest from activity.**

**God says, “Cease striving [Be still] and know that I am God.” Even God rested on the seventh day of creation from all his work to enjoy what He had created.**

**B. ACTIVITY: Dirt and water. Take clear glasses and fill them  $\frac{3}{4}$  full of water. Add a teaspoon of dirt to the first glass and stir 10 times. Add two teaspoons of dirt to the second glass and stir 40 times. Add three teaspoons of dirt to the third glass and stir 100 times.**

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**What happens to the water when we stir up the dirt?** *It gets cloudy, dirty. We can't see through it.* **What happens to the water with more dirt and more stirring?** *It's harder to see through. It is more cloudy and dirty.* **How do we get clear water again?** *We have to stop the stirring, and let the water rest. After letting the glass of dirty water sit, the dirt starts falling to the bottom, and we can see through the water again. It takes longer for the water to get clear the more dirt we add and the more stirring we do.*

C. Let the kids do the activity again and this time explain:

**The glass of water represents us. God wants us to take time to be still so that we can see clearly.**

**The dirt represents activity in our lives. It's okay to be active and have activity in our lives as long as we take time to rest so that we can listen to God and see clearly what activities we need to do.**

**Stirring represents how long we are active without taking a rest. Some people are always busy and do not rest. Sickness may be the only time when these people slow down.**

Parents, give examples of quiet times when God talked to you. Set the example for your children by letting them see you take time to rest.

V. Memorize:

**Give God your best.  
Balance work and rest.**

VI. Close in Prayer

VII. Pass It On: Make an extra copy of this lesson and *pass it on* to another family.