

God's day of rest

FOCUS

1. God made the world to show his love.
2. The day of rest is a special day.
3. Sunday is a special day for Christians who gather together to celebrate the Mass.

During lesson time your child:

- *understood that in the creation story God made the seventh day as a day of rest;*
- *discussed ways to rest and the importance of periods of rest and quiet;*
- *identified Sunday as a rest day.*

After six days God finished the work he had been doing. He rested on the seventh day after all the work he had been doing. God blessed the seventh day and made it holy, because on that day he had rested after all his work of creating. God gives us the example that work is to be done in six days and that the seventh day is a day that is holy and only for him and for us to rest.

The seventh day is a day for loving and thinking about God.



SUGGESTED HOME ACTIVITIES

These are some suggested activities to do at home with your child.

1. Read and discuss the passage with your child. Explore your child's understanding of the passage by asking him or her 'I wonder' questions; e.g. I wonder . . . why God rested? e.g. I wonder . . . how God rested?
2. Make Sunday a special day for your family, a day to go to church and a day to gather and eat together as a family. This may be difficult at times but it has incredible benefits.
3. Encourage your child to have quiet time each Sunday. This only needs to be 10 minutes but it should be distraction free, a time to think about and talk to God.
4. Set aside time each week to pray together as a family. Importantly, create an atmosphere that is conducive to this. Turn off the television and phones and other items of potential distraction.



To Remember:

God gave us the gift of rest.

Complete the poem about creation using the words found on the balloons the clown is holding.

God made us big	
God made us ...	s _ _ _ _
God made us short	
God made us ...	t _ _ _
God made the plants God made the ...	t _ _ _ _
God made the sky God made the ...	s _ _ _
God made the stars that shine at ...	n _ _ _ _
God made the sun so big and ...	b _ _ _ _ _
God made us all, every girl and ...	b _ _
God made the world for us to ...	e _ _ _ _
And when he was finished God took a ...	r _ _ _
God's creation, it's the ...	b _ _ _



Dear God,
 help me to be quiet and still, to hear your voice, to do your will.
 Help me to take time to rest, to hear your voice, to do my best.
 Help me to stop each day, to take the time to think and pray.
 Amen.