

UNIT 1 | SESSION 2

SIN ENTERED THE WORLD

GENESIS 2-3



CHRIST CONNECTION: Adam and Eve sinned when they rejected God's good plan and disobeyed His command. Sin separates people from God, but God didn't leave them without hope. God sent His Son, Jesus, to live as Adam didn't—perfectly sinless. God the Son came to earth as a man to rescue people from sin.

BIG PICTURE QUESTION: Who is God? God is our Creator and the King of everything.

KEY PASSAGE: Psalm 104:24

SPIRITUAL DISCIPLINE: Rest



PLAN the Session

- Pray, asking God to prepare your heart to teach and the hearts of kids to receive His Word.
- Read the *Leader Bible Study* and review the session plan.
- Decide which *Welcome* activities to prepare for the session.
- Familiarize yourself with the *Learn* section enough to teach naturally.
- Organize discipleship groups, including a plan for new kids.
- Print a copy of the *Live* for each discipleship group leader.

LEADER Bible Study

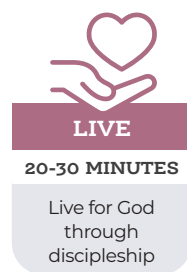
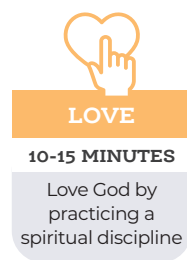
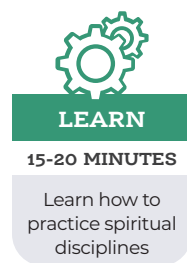
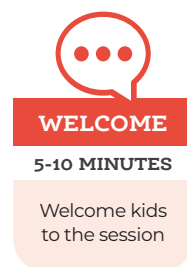
Rest: to cease activity with the goal of growing both in love for God and the desire to continue serving Him.

Last week, we introduced the concept of rest as a spiritual discipline to the kids. We discussed how we rest because God rested, and we want to follow His example. This week, we will see that we also rest to know God better. We will be reading from 1 Kings 19:9-13. Start preparing by reading this passage now.

This passage is such a great reminder that God uses lots of different circumstances to speak to His people. Just because He didn't speak through the wind, earthquake, or fire does not mean He wasn't able to. He can choose to communicate with us through whatever means He desires. But we must remember that often His voice is best heard in quiet and stillness. This means that we need to orient our lives in a way that allows us to experience quietness and stillness on a regular basis, something that is not easy in a world full of noise and distractions.

We want kids to understand that we rest as a way to get to know God better, not out of legalism or to earn salvation, but rather out of a desire to know our Father, our Creator, in a deeper way. In Bible study this week, the kids saw that even when Adam and Eve broke God's commands, He still loved them and had a plan to offer hope. These characteristics of compassion and patience are still true of Him. This week, help kids see the difference between knowing information about God and knowing God on a heart level.

As you prepare to lead, pray that you would not only find time to rest, but that God would give you the desire to rest so that you can grow in your understanding of Him. Take time this week to sit with your heavenly Father simply to receive the love He has for you. Listen for His "soft whisper." (1 Kings 19:12)





PREPARE

FOR THE SESSION

GATHER Supplies

Keep a regular supply of the following items available at all times: Bibles, pens or pencils, markers, crayons, colored pencils, scissors, glue or tape, paper.



WELCOME

Option 1: Roll a brain break

- ☐ dry erase board
- ☐ dry erase marker
- ☐ dice, 2 in different colors

Option 2: Really restful

- ☐ "Really Restful" printable

Option 3: Key passage creatures

- ☐ Key passage poster



LEARN

No supplies needed.



LOVE

Option 1: Sabbath and a snack

- ☐ Allergy alert
- ☐ snack, 1 per kid

Option 2: Rest bookmark

- ☐ 2x8 inch strips of cardstock, 1 per kid
- ☐ stickers (optional)



LIVE

Get everyone talking

- ☐ toy microphone or item to represent a microphone (optional)
- ☐ inflatable beach ball (optional)
- ☐ permanent marker (optional)

Discuss Learn time

- ☐ poster board or large sheet of paper (optional)
- ☐ blindfold (optional)



WELCOME Kids

Choose one or all of these activities to engage kids as they arrive. You may choose to prepare all activities to repeat throughout the unit or prepare a different activity to use each week.

☐ **OPTION 1: ROLL A BRAIN BREAK**

Prior to the activity, write the following numbers and actions on a dry erase board: 1–jumping jacks, 2–toe touches, 3–lie on the ground and count to 10, 4–spin around, 5–give someone a high-five, 6–hop on one foot. Lead kids to form a circle. Give one kid the two different color dice to roll, one color will determine the action and the other will determine how many times kids will complete the action. Continue playing, giving different kids turns to roll the dice.

☐ **OPTION 2: REALLY RESTFUL**

Prior to the session, print and cut apart the “Really Restful” printable. Give each kid one of the cards and challenge the group to line themselves up according to which activities they consider least restful to most restful. Play additional rounds with added challenges such as no one can talk, the cards are taped to the kids’ backs so they don’t know what activity they have, or they must act out the activity on the card.

☐ **OPTION 3: KEY PASSAGE CREATURES**

Show the key passage poster and read it as a group several times. Call out an animal and then challenge the kids to say the key passage as that animal would, for example a sloth would say the verse very slowly. Some other animal ideas include elephant, cat, parrot, frog, fish, snake, and bumblebee.



LEARN

LEARN about rest (15–20 minutes)

1 REVIEW SPIRITUAL DISCIPLINES

SAY “Each week we gather together during this time to learn about and practice spiritual disciplines.”

What is the definition of a spiritual discipline? [Allow responses.]

SAY “Right! A spiritual discipline is a practice, or repeated action, that helps us grow in love for God and godliness.”

What are some examples of spiritual disciplines? (worship, prayer, Bible study, generosity, service, fellowship, rest, evangelism, celebration, fasting, and silence)

2 REVIEW THE DISCIPLINE OF REST

SAY “Right now, we are focusing on the spiritual discipline of rest. Last week we learned that practicing the spiritual discipline of rest is more than just taking a nap or watching TV. It involves ceasing our normal schedule or tasks and slowing down, with the goal of growing closer to God.”

What does the word cease mean? [Allow responses.]

SAY “Cease means to stop. For rest, that means we’re stopping what’s going on in our lives and we’re taking a break for the purpose of connecting with God in a different way.”

We also learned that we rest because God rests. What story did we learn about last week that showed us an example of God resting? [Allow responses.]

SAY “We heard the story of creation and we saw that God took six days to create everything in the world, and then on the seventh day He rested. And He didn’t rest because He was tired, He rested because He knew we would grow tired, and He wanted to give us an example of how important rest is. Today we’re going to learn that another reason we rest is to know God better. Let’s get started!”

3 GROUP DEMONSTRATION: THAT WAS LOUD!

Prior to the demonstration, quietly ask two or three volunteers to cause disruptions during this time. Some examples include opening and shutting the door, playing a loud game, playing loud music, clapping, stomping, or interrupting with questions. The point is to make a lot of noise.

When you are ready for the demonstration, call up a kid and start asking him basic questions about himself. Some topics include his favorite color, favorite or least favorite food, what he learned in school today, or who is in his family—any questions that would help the group get to know him better. After several questions, ask the distractors to stop and allow the interviewee to take his seat with the group.



LEARN

SAY “Wow! That was loud. We were trying to learn about (kid’s name), but it was difficult in that environment.”

What made it difficult to learn about him? [Allow responses.]

SAY “There were so many noises and distractions that we couldn’t hear his answers, and even when we could, there was something else going on that would take our focus.”

What kind of environment would make it easier to learn about someone? [Allow responses.]

SAY “It’s helpful when it’s quiet and when there’s not a lot of movement or other activity going on around you. If we really want to get to know someone, we must be able to hear their answers when we ask them questions. This is going to help us think about rest and how we grow closer to and learn from God. Let’s read from the Bible to learn how God showed up in Elijah’s life.”

4 READ THE BIBLE

SAY “Today we’re going to hear a story from the Bible about a man named Elijah. Elijah was a prophet, which meant he delivered messages that God gave him to the people God sent him to. Leading up to the verses we’re about to read, Elijah had been threatened by a queen for telling the truth about who God is. Elijah was afraid and ran for his life. He wanted God to tell him what he was supposed to do next. Let’s pick up the story and open our Bibles to 1 Kings 19:9-13.”

Read 1 Kings 19:9-13.

What powerful acts did Elijah witness on the mountain? [Allow responses.]

SAY “There was a mighty wind that shattered cliffs, an earthquake, and even a fire.”

Did God speak through any of those great and powerful acts? [Allow responses.]

No, He didn’t. Instead, how did God choose to speak to Elijah? [Allow responses.]

SAY “The Bible says that God spoke in a soft whisper. God could have chosen to communicate through any of those powerful acts, and we see Him do so in other places in Scripture. But God also communicates with us in the quiet through the Bible and through prayer. One way is not better than the other, and we must be ready to hear and notice Him in both. If we allow our schedules to become packed full to the point where we don’t have time or space for rest or quiet, then we may not be able to hear Him when He wants to communicate with us.

Think back to our noisy interview. Think about how much easier it would be to learn about the person we were talking to had we not had all those distractions and noises going on around us. We want to practice the spiritual discipline of rest so that we can know God better. It’s not bad to have noise, or fun activities, or even a busy day sometimes. But if that’s how every minute of our lives looks, then even good things like learning a new skill or playing with friends can become a distraction from God.”



LEARN

5 CHRIST CONNECTION

SAY “ In Bible study this week, we saw how sin entered the world. When Adam and Eve sinned, they rejected God’s good plan and disobeyed His command. Sin separates people from God, but God has not left us without hope. Being separated from God is not a place of rest. But we can find true rest when we trust in Jesus, who was God’s plan to give people hope. We do not have to work or fight for salvation; we can rest knowing that salvation is a gift that has been offered to us, we just have to accept it. ”

6 GROUP GAME: HI, IT’S ME

Lead kids to sit in a circle. Choose one kid to turn her back to the circle, so she is facing out. Then silently choose another kid to be the speaker. The speaker will say “Hi, it’s me!” He can use a silly voice or his normal voice. The first kid will then turn around and guess who spoke. Play several rounds switching up roles each time.

What was key to doing well in this game? [Allow responses.]

SAY “ When it was your turn to guess, you had to listen closely to the person speaking. It also probably helped if you had heard the speaker’s voice before, for example if you had had long conversations with them or had talked with them recently. Unlike the game, God does not try to hide His identity from us. He wants us to know Him and He wants to share His good plans with us. But we must slow down and listen closely to hear His voice better. One of the ways we do this is through practicing the discipline of rest. ”

7 FOLLOW UP ON LAST WEEK’S CHALLENGE

SAY “ Last week, our challenge was to draw our favorite part of creation and then pray and thank God for being our perfect example of rest. ”

How did it go? What did you draw? [Allow responses.]

8 INTRODUCE THIS WEEK’S CHALLENGE

SAY “ Today, your challenge is to ask an adult in your life about how they practice the spiritual discipline of rest and how it helps them connect with God. This is a great opportunity to learn about rest from other people in your life. ”

9 CLOSE IN PRAYER

Use the scripted prayer below or pray in your own words.

SAY “ God, thank You for speaking to us in the quiet. Forgive us for the times we haven’t listened. Help us choose to find rest and stillness in our days so that we can connect with You. Amen. ”



LOVE God by practicing rest (10–15 minutes)

Choose one of these two options as a way to lead children to practice the spiritual discipline of rest.

☐ **OPTION 1: SABBATH AND A SNACK**



Before the session, post an allergy alert. Explain to the kids that rest does not always have to take place by ourselves. While it is good to spend time with God on our own, it is also good to talk about Him with others. Lead the kids to sit around tables, and then provide a snack. This can be as simple or elaborate as you want. While they are eating, encourage them to talk and learn from each other. Some discussion questions might include: what have you been learning about God lately? How have you been practicing rest? What makes practicing rest difficult or easy for you? What is your favorite Bible story and why?

☐ **OPTION 2: REST BOOKMARK**

Give each kid a strip of cardstock. Encourage them to write references to Bible verses about God's character on their bookmark. Some verse suggestions include 1 John 1:5, 2 Peter 3:9, John 3:16, Matthew 6:26, Psalm 18:30, and Psalm 116:5. Kids can decorate their bookmarks using markers, crayons, or stickers. Once they are finished, encourage them to put their bookmarks in their Bibles and slow down to look up one verse each day as a way to rest to grow to know God better.



LIVE for God through discipleship (20–30 minutes)

Form discipleship groups to provide a safe environment for kids to share with one another. Limit groups to ideally no more than five children and one adult leader. Prioritize forming groups according to gender first, then age. Adult leaders should never be alone with children.

1 EMPHASIZE GOSPEL SAFETY

Explain that discipleship time is a special time because we share the deep things in our hearts with one another. All must work together to create a safe place. Consider these three rules:

1. Listen when someone is talking.
2. Only comment when the person sharing invites you to do so.
3. In general, what is shared in the group should stay in the group. The only exception is talking with a trusted adult if it would help either you or the person who shared.

Note: Be sure to follow local laws and ministry policies concerning any report or suspicion of abuse or neglect.

2 GET EVERYONE TALKING

Choose one of the options below to encourage children to engage with one another.

☐ **OPTION 1: SHARE HIGHS AND LOWS**

Sit in a circle. Share a high point and a low point of your week. Model honesty and vulnerability in an age-appropriate way. Then go around the circle, inviting each child to share his or her high and low for the week.

☐ **OPTION 2: PASS THE MIC**

Use a toy microphone or another item to represent a microphone. Ask a question, such as “What is your favorite color and why?” “What is something you do most Saturdays?” or “If you could be an animal, which one would you choose?” Ask and answer the question yourself and then pass the microphone to a child to answer. After answering, that child will pass the microphone to another child and so forth.

☐ **OPTION 3: TOSS A BEACH BALL**

Inflate a beach ball before the session. Use a permanent marker to write a question in each section of the ball. Toss the ball to a child. Invite her to answer the question in the section that her left thumb touches. Continue tossing the ball until each child has a turn.



3 DISCUSS LEARN TIME

Choose an option below to engage kids with the following questions.

1. What is something you learned today?
2. How does rest help us know God better?
3. How do you think God is calling you to respond to what you learned?

☐ OPTION 1: PICK A CARD

Write each question on an index card. Fan the cards in your hand where kids cannot see the questions. Invite a kid to pick a card and answer the question.

☐ OPTION 2: DRAW A QUESTION

Write each question on a slip of paper. Fold the papers and place them in a basket or bin. Invite children to take turns drawing a question and answering it.

☐ OPTION 3: PIN THE FINGER ON THE QUESTION

Write the questions on poster board and display them on a wall. Invite a child to wear a blindfold or close his eyes. Spin him around three times and guide him to touch the poster board. Remove the blindfold. Lead him to answer the question closest to his finger.

4 COMPETE TO SHOW HONOR

Read Romans 12:10. Invite children to “outdo” one another in showing each other honor. Begin by telling a child you want to honor him. Say a specific way you see God at work in his life. Be prepared to help kids share meaningful encouragement to one another.

Choose one of the following ways to lead children in competing to show honor.

- Allow children to take turns honoring one another as they choose.
- Choose one child to honor for the day. Allow the rest of the group to take turns honoring that child.
- Guide each child to write her name at the top of a sheet of paper. Lead children to pass their papers to the child next to them. That child must write or draw a way to honor the child whose name is on the paper. Continue passing the papers after a given amount of time until each child’s paper is returned to them.