

A Word For Life

Talk Sheet

The Day God Rested

Introduction:

God created everything that exist from nothing. He was very meticulous and purposeful and wrapped all of creation in pure beauty. Each day after God create something He stepped back and called it good. On the 6th day when he created humans, God went of His way. When he finished making man and woman, He said that it was VERY good! He created humans in His image to do life with them, not be mindless slaves. On the 7th day God established the idea of Sabbath, or rest, for us to be in a place of peace and friendship with Him.

Talk Points:

· God started with nothing—it was formless, and void and He created beauty that puts HGTV to shame.

· God created people to do life with them. What does that mean? _____

· Humans are created in God's image. What does that mean? _____

· Sabbath is a Jewish word for rest. This rest is a place where we are in the presence of God and are walking living in peace with Him. What does that mean to you? _____

Apply What You Heard:

Pray and ask God about how to live in His peace and rest, no matter your circumstances.

Reflect:

Don't you know who made everything? Haven't you heard about him? The Lord is the God who lives forever. He created everything on earth. He won't become worn out or get tired. No one will ever know how great his understanding is.