

7 DAYS A WEEK

By Mark & Helen Johnson



 **SING!** *7 Days A Week* together.

 **TRY THIS**

Ask a family member to read Genesis 2 v 1-3.

In the UK, Sunday is often counted as the seventh day of the week. **Sunday is a special day to rest and enjoy the amazing world God has made.** It's also a good day to spend time with God together. We can't go to churches right now, so let's get creative and think of new ways to make Sundays special.



Make your Sundae Special! Draw a BIG ice-cream sundae (or print one out that looks tasty!). Then choose your toppings! Talk about what you will do this Sunday as a family to help you rest, enjoy God's creation and spend time with Him together. Write these down or draw them on the ice-cream sundae, then put it up in your home as an exciting reminder of what's to come at the end of the week!

 **WOW & WONDER**

God shows us that resting is an important and enjoyable part of life. Spend a few moments resting quietly now, and focus on how this feels. In these moments you might want to pray or think about God.

 **TALK IT OVER**

Read Exodus 20 v 8-11 and then Mark 3 v 1-6.

Use the questions to help explore these passages:

1. God didn't need a rest, he wasn't tired! Why do you think he chose to rest on the seventh day? Why do you think God tells us to do the same?
2. Why did some of the people in the synagogue think it was wrong for Jesus to heal on the Sabbath?
3. Why do you think Jesus was so angry and upset? What can we learn about God from what Jesus did here?

 **KEEP GOING**

Resting isn't only for Sunday! **Make a special resting place in your home.** Maybe a cosy den in your room or some cushions and soft toys in a corner. Spend a few minutes there, taking time to enjoy resting.

 **REMEMBER THIS**

Genesis 2 v 3.

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