



[Teacher Note: For the activity below, hand out a sheet of paper and pen for everyone to write with. You could also have students use the Notes app on their phone]

To start off today I want you to do an activity for me. We've given you a handout. The back of it is blank, and I want you to draw a line down the middle of the page. On the left I want you to write down all the things you did this past week – all the activities you took part in. Start writing. It can just be one-word responses – school, work, slept, ate, saw family, did homework, soccer practice, went to doctor. Whatever it is. Write as many things as you can think of that you have done in the past week. I did this and wrote down things like: cleaned the house, got rid of a mini fridge, family reunion, served at Feed My Starving Children, dinner with my sister, dentist, read a book, watched a movie. So write as many things as you can think of that you did in the last week.

Now, on the right side of your paper, I want you to write down how you would describe a truly relaxing day for you. I don't mean like a beach vacation or going to Italy. I mean something realistic that you could do on a regular basis that is relaxing to you. Maybe things like: sitting in a quiet house, a massage, reading a book, going for a walk, sleeping in, dinner out with friends, being outdoors, listening to music. I don't know what it is for you, but write down some things that would be a relaxing, restful day for you.

Now, look at both lists. How much of the stuff on your right list was also on your left list? How many of the restful things did you actually get to do this week? Enough? Just barely enough? Nowhere near enough? Or maybe you can't remember the last time you had a restful day?

Reading the list on the right, doesn't that sound nice? If you close your eyes and think about that list, you kind of float off to a dreamlike state. But then you come back to the reality of your left list.

What if I told you that you have permission to rest? You have permission to relax. You have permission to do some of the things on your right list. Coming from me that may not mean a whole lot. I don't have any say in your life. But what if I told you that God gives you not just permission, but an actual command to rest? To be obedient to God and to live a life of holiness, you have to rest.

A lot of times we don't think of rest as that important. In fact, sometimes we glorify busyness. If your schedule is not full, then you're not really taking advantage of life, or you're lazy, or you're not working hard enough, or you are not important. We say things like, "Things are busy, but they're all good things." In the midst of our busy culture and life we forget to rest, or rest gets pushed aside. We forget, or don't understand, the value of rest. We forget that God has commanded us to rest and designed us to rest. The next two weeks we're going to be looking at rest. And here's what we're going to discover: **Rest is a gift from God for His glory and for our benefit.**

Today we're going to talk about rest being for God's glory, and next week we're going to talk about it being for your benefit. There will be some crossover between the two, but that gives you an idea of where we're heading.

So today we're going to discover how rest is a gift from God for His glory out of the book of Exodus. Here's a quick setup for what we're going to be reading today: God brought the people of Israel miraculously out of slavery in Egypt. Now they are their own free nation for the first time ever. When they went to Egypt they were just one family, but over the years they have grown. Now they are a whole nation. God spends some chapters in Exodus giving the Israelites laws on how to live, festivals to celebrate, and instructions about building a huge worship structure. He is establishing them as a nation, and has given them a bunch of responsibilities and work. I'm sure it was a lot for them to take in. Has a teacher ever given you way too many instructions all at once? I'm guessing that's how the Israelites felt. And then He interrupts all that to say this...

## Rest: Week 2 Handout

### Genesis 2:1-3

- Rest is a \_\_\_\_\_ from \_\_\_\_\_ for His \_\_\_\_\_ and for our \_\_\_\_\_
- Rest is not \_\_\_\_\_
- Rest is a \_\_\_\_\_ for \_\_\_\_\_
- We have to \_\_\_\_\_ rest a \_\_\_\_\_

### READING PLAN:

Matthew 11:28-30

Isaiah 40:28-31

Psalms 23

Philippians 4:6-7

Psalms 116:1-7

Isaiah 26:1-4

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