



HOOK

ICEBREAKER
Creation-related



LESSON

INTRO: RESTORE

Who knows what our church theme for this year is? *RESTORE*.

What does RESTORE mean? *To return to the original state after loss/depletion.*

For example, a very old picture may look very different from when it was first painted, due to age, damage, sun exposure etc. But a very talented artist can RESTORE the painting back to its original state.

e.g. <https://www.youtube.com/watch?v=RdfyL5FcVLo>,
<https://www.youtube.com/shorts/qWiD7cKgmGM>

For some of us, our lives may not be the way God had intended it to be ... it could be due to bad decisions we've made or circumstances and events out of our control. But God wants to RESTORE everything, not just what we have lost, but to so much more that He has in store for us.

The first step of RESTORE is to REST in God's finished work ...

In the Bible, God shows us several pictures of REST. The first one was from the very beginning of time ... when He created the heavens and the earth.

GOD CREATED

Tell the story of creation from Genesis 1-2.

Emphasise at each point/day that everything God created was "GOOD".

Suggestion on how to help kids remember the days in order: <https://www.youtube.com/watch?v=Nj-t6nyGJEE>

[Note: Prefer not to use "sleeping" action for "Day 7: Rest"; can change to putting thumb+index fingers (for number 7) into heart shape, or 2 hands together as in prayer]

GOD RESTED

"By the seventh day God finished the work he had been doing. So on the seventh day he rested from all his work." **Genesis 2:2**

God rested after his creation work was finished: He created the world in 6 days — the heavens, the earth and its inhabitants, including man — saw that it was "very good". Then on the 7th day, God rested.

Why did God have to rest? Was He very tired? *No*.



God did not rest because he was tired. God rested because He had finished!

For example, after a court trial, when all the evidence has been presented and nothing more can be added to change the verdict, the lawyer would say, "I rest my case."

At the end of each day of creation, God noted that what He had created was good. Now, on this seventh day, all had been created. All was good. The creation speaks for itself. Nothing to add or take away. God "rested His case."

God rested and thought about His finished work of Creation. God looked at His work and felt pleased. And God blessed the seventh day as a holy day. Everything Adam and Eve needed, God had already provided. They began their lives in rest.

RESTING IN HIS FINISHED WORK

Of all His creations, and all the wonders in this world, we are God's best masterpiece because we are created in His image. We are His favouritest part of all His work!

When sin entered the world and destroyed the relationship we had with God, Jesus came to take away all our sins on the Cross. When Jesus died on the cross, He said, "It was finished." Jesus' work on the Cross was complete (like God's work of Creation). Jesus was "very good", and His work was "very good".

Because of that, we don't have to try to be "very good" on our own. We don't have to try to fill in all the broken parts of our lives on our own. No matter how good or bad we are, God always loves us. So we can just REST in His love and His finished work, and know that we can be God's children because of what Jesus did on the cross. Amen!

Let's take time to REST and reflect on God's beautiful and perfect work of Creation ... and Jesus' complete and perfect work on the Cross!



TNCC
CHILDREN'S
CHURCH

RESTORE – REST & CREATION

ACTIVITY SUGGESTION

KEY VERSE CRAFT

“By the seventh day God finished the work he had been doing. So on the seventh day he rested from all his work.” **Genesis 2:2**

SONG

Seven Days of Creation <https://www.youtube.com/watch?v=aoehyq6X650>

(Tune of “Are You Sleeping Brother John”; include appropriate actions)

Close in prayer.



RESTORE – PROMISED LAND REST

HOOK

ICEBREAKER

12 spies-related

E.g. “I spy with my little eye”, or “Find the grapes” etc



LESSON

REVIEW: RESTORE

Who knows what our church theme for this year is? *RESTORE*.

What does RESTORE mean? *To return to the original state after loss/depletion.*

For example, a very old picture may look very different from when it was first painted, due to age, damage, sun exposure etc. But a very talented artist can RESTORE the painting back to its original state.

For some of us, our lives may not be the way God had intended it to be ... it could be due to bad decisions we've made or circumstances and events out of our control. But God wants to RESTORE everything, not just what we have lost, but to so much more that He has in store for us.

The first step of RESTORE is to REST in God's finished work ...

In the Bible, God shows us several pictures of REST.

Last week, we learnt about CREATION REST — how God completed His perfect work of Creation and RESTed on the 7th day.

Today, we will look at the PROMISED LAND REST.

GOD PREPARED A SPECIAL HOME

God's special people, the Israelites, were slaves in Egypt for 400 years.

One day, God delivered His people and brought them out of Egypt. He was going to lead them into the Promised Land (Canaan), a special place that He had reserved for them.

What is this special home like?

Back in Genesis, God had promised Abraham that He will prepare a place for his descendants.

This land will (Deut 6):

- Be fertile and rich — “flowing with milk and honey”
- Have large, flourishing cities you did not build, houses filled with all kinds of good things you did not provide
- Have wells you did not dig, and vineyards and olive groves you did not plant

Sounds like a good place right? Everything prepared for them already ... they did not have to work and sweat for it; they just had to receive. After moving around like nomads in the desert and slaving away for 400 years, God's people would finally have a land to call home ... a land of REST.



TNCC
CHILDREN'S
CHURCH

RESTORE – PROMISED LAND REST

GOD'S PEOPLE CHECKED OUT THE SPECIAL HOME (Numbers 13:1-30)

After leaving Egypt, God's people walked through the desert until they came close to the Promised Land.

Then God told Moses (the leader): "Send spies into Canaan, the country I am giving you. Tell them to see what sort of land it is. Find out what the people are like who live there."

Moses did as God asked. He chose one man from each of the 12 tribes of Israel. After 40 days, the men returned, carrying a huge cluster of grapes, along with some pomegranates and figs. *"Oh yes! You should see the land. It's so beautiful, with strong trees, and gentle hills. Flowers bloom everywhere and the crops are rich and plentiful. It really is as God promised, a land of milk and honey."*

God's special home for His people was really the Promised Land! A land of REST.

However ... the people were afraid to go receive God's gift. *"The cities are fortified and very large. The people who live there are powerful. They are stronger than we are. They are giants. They will eat us up. We are like grasshoppers to them."*

Only 2 of the 12 spies — Caleb and Joshua — focused on God's promise and wanted to enter the land. With God's help, they believed they could drive those people out of the land. With God on their side, the giants would be like grasshoppers to them.

But the rest did not trust God to help them win their battles. Instead of seeing how BIG their God was, they saw how BIG the problem was. They complained to Moses: *"Moses, we want to go back to Egypt! Moses, it was your idea to leave Egypt in the first place. We should never have listened to you. Look, now we will die and for what?"*

Joshua and Caleb tried to remind the people of all that God had done for them and all His promises. But the people would not listen. After all that God had done for them, they still could not trust Him.

Because of their unbelief, God said they would never reach the Promised Land.

"These people must wander in the wilderness," He said. *"They will all spend the rest of their lives in the desert, all of them except Caleb and Joshua, who believed Me. I could have brought them to the promised land within a year. Instead, they would never enter My rest. They will wander in the desert for 40 years. They will die in the desert. Their children will be the ones to finally settle in the land of milk and honey."*

God said that Joshua and Caleb had a different spirit. Because they believed in God's promises — that He was always with them and would never leave them — they were able to enter the Promised Land!

ENTER GOD'S PROMISED LAND

God has prepared a place for us with Him. A place of REST. Jesus has already opened the way for us to enter this REST. Today, many people are still wandering in the desert, going round and round in their own efforts, trying to achieve the REST that God had already prepared for them. We cannot enter on our own self efforts, only through Jesus' finished work on the Cross. Let us open our hearts and believe!



TNCC
CHILDREN'S
CHURCH

RESTORE – PROMISED LAND REST

ACTIVITY SUGGESTION

RELATED CRAFT

Text: I can enter God's REST by faith! / I can enter God's Promised Land by faith!

SONG

My God is so BIG <https://www.youtube.com/watch?v=WyOdDrVnORc>

Close in prayer.



TNCC
CHILDREN'S
CHURCH

RESTORE – SABBATH REST

HOOK

ICEBREAKER

Scatter small cotton balls/white punched paper, and get the kids to pick it up (either as a relay race or with chopsticks, etc)



LESSON

REVIEW: RESTORE

Who knows what our church theme for this year is? *RESTORE*.

What does RESTORE mean? *To return to the original state after loss/depletion.*

For example, a very old picture may look very different from when it was first painted, due to age, damage, sun exposure etc. But a very talented artist can RESTORE the painting back to its original state.

For some of us, our lives may not be the way God had intended it to be ... it could be due to bad decisions we've made or circumstances and events out of our control. But God wants to RESTORE everything, not just what we have lost, but to so much more that He has in store for us.

The first step of RESTORE is to REST in God's finished work ...

In the Bible, God shows us several pictures of REST:

- CREATION REST — how God completed His perfect work of Creation and RESTed on the 7th day
- PROMISED LAND REST — how God prepared everything for the Israelites, but they did not enter God's REST due to their unbelief
- Today, we will look at God's SABBATH REST.

REMEMBER THE SABBATH

When the Israelites were wandering in the desert, God gave them the Law through Moses, i.e. the 10 Commandments. One of the laws was to: "Remember the Sabbath day and to keep it holy."

"Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work ..." (Exodus 20:8-10)

What was the purpose of the Sabbath?

The Sabbath was meant to be a holy day for the people:

- i. to acknowledge God as their Creator (God rested on the 7th day after creating the world) and Redeemer (God rescued the Israelites from slavery in Egypt; Deut 5:5)
- ii. to enjoy God (and all He's done for them)
- iii. to rest and learn to depend on His supply (God's grace, not own efforts)



MANNA IN THE DESERT

God demonstrated this Sabbath rest even in the middle of the desert. He had a special food delivery service to feed more than a million Israelites. Every day, He'd send them a very special heavenly bread — the Israelites called it "Manna" (which means "What is it?").

In the morning, the Israelites would find a layer of dew all over the ground. And when the dew lifted, there would be a small round frost-like substance, which looked like white coriander seed and tasted like wafers made with honey.

Moses gave these instructions from God:

- i. Gather what you need from the ground.
- ii. Do not have any leftovers — leave nothing till morning.
- iii. On the 6th day, gather 2 portions and prepare 2 days' worth of meals (bake/boil etc) because the next day (the Sabbath), there'll not be any manna

In those days, there were no refrigerators or freezers. If the Israelites did not collect food that day, they wouldn't have anything to eat. But God wanted to show them that He provides.

The Israelites were quite stubborn people, and did not trust what God said. So even though God said no leftovers, they decided to gather extra manna and kept some overnight — in the morning, there were worms, and the manna stank!

Then on the 7th day, the Sabbath day, they did not believe that there wouldn't be any manna, so they went out to look for some, but found none. God had told them to prepare 2 days' worth of meals on the day before. And only for the 7th day, the leftover manna did not have worms or stink.

MANNA, A PICTURE OF REST

And, so, God provided for the Israelites every day; they ate this manna for 40 years until they entered the Promised Land. This was a picture of REST ... God providing everything they needed.

This manna was a special food that mysteriously appeared every morning on its own, 6 days a week. The Israelites didn't have to do anything to get the manna — they didn't have to plant or toil or harvest ... it just appeared, and they could enjoy it freely. The manna was a good daily reminder to the Israelites that the Lord was with them always. It taught them to depend and trust in God to provide for them.

It takes faith to REST. The Israelites didn't fully trust God, even after all His miracles. That's why they couldn't enter the Promised Land. That's why they wanted to keep extra manna for themselves, or go out to look for more even on the Sabbath.

Let's learn to trust God and enjoy His Sabbath REST. Know that He is always with us. Know that He will always provide for us. And set aside time to focus on all that He has done for us. Amen!



TNCC
CHILDREN'S
CHURCH

RESTORE – SABBATH REST

ACTIVITY SUGGESTION

VIDEO

LifeKids <https://www.youtube.com/watch?v=OgyfxpuZar0>

RELATED CRAFT

Text: God provides for me. I can REST in Him.

Close in prayer.



TNCC
CHILDREN'S
CHURCH

RESTORE – JESUS OUR REST

HOOK

ICEBREAKER: Trust Walk

Create a simple obstacle course with pillows

Have children take turns being led by a teacher while holding their hand

Say "We can trust Jesus to lead us, just like you trusted me to lead you!"



LESSON

REVIEW: RESTORE

Who knows what our church theme for this year is? *RESTORE*.

What does RESTORE mean? *To return to the original state after loss/depletion.*

For example, a very old picture may look very different from when it was first painted, due to age, damage, sun exposure etc. But a very talented artist can RESTORE the painting back to its original state.

For some of us, our lives may not be the way God had intended it to be ... it could be due to bad decisions we've made or circumstances and events out of our control. But God wants to RESTORE everything, not just what we have lost, but to so much more that He has in store for us.

The first step of RESTORE is to REST in God's finished work ...

In the Bible, God shows us several pictures of REST:

- CREATION REST — how God completed His perfect work of Creation and RESTed on the 7th day
- PROMISED LAND REST — how God prepared everything for the Israelites, but they did not enter God's REST due to their unbelief
- SABBATH REST — how God wanted the Israelites to learn to trust Him fully, even for their daily bread

Today, we want to see what these pictures of REST point to ... that's right ... they all point to JESUS, our true REST!

JESUS, OUR REST

In Creation, in the Promised Land, and in the Sabbath, we see how God completed and provided everything good for His people. All they had to do was enjoy it and trust Him.

But because of sin and unbelief, man was separated from God and had to toil and labour and work and sweat.

God's plan was for man to enjoy all He has provided for them. That's why Jesus came to RESTORE our relationship with God ... so we can have His REST and receive all God's blessings!

THE ART OF RESTING

RESTing means:

- **RESTing from our own efforts or works**

We need not try to be good on our own efforts. We don't need to work to gain God's acceptance. Because of Jesus, we are already made good. Because of Jesus, we are accepted by God. Because of Jesus, we are God's precious sons and daughters.

- **RESTing from worries and stress**

Even in the midst of a violent storm, Jesus was sleeping in a boat, while his disciples were panicking and freaking out. They woke him up saying, *"Teacher, don't you care if we drown?"* Jesus got up, told the wind and the waves, *"Quiet! Be still!"* and it was completely calm (Mark 4:35-41). Today, we can also rest from our worries and fears, knowing that this same Jesus is always with us, will never leave us nor forsake us. We trust, because we know that He will take care of us no matter how big the storms are.

JESUS' INVITATION

"Come to me, all you who are weary and burdened, and I will give you REST. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find REST for your souls. For my yoke is easy and my burden is light." (Matt 11:28-30)

Jesus invites us to REST in Him.

Under the Old Covenant, the yoke was the Law that everyone had to follow to meet God's standards of holiness. It was heavy and burdensome, with lots of do's and don'ts (even when it came to resting on the Sabbath), that nobody could keep.

But under the New Covenant, Jesus said His yoke is easy. Why? Because Jesus is the strong one. He's pulling the weight. We just have to join Him and walk with Him.

And the best part is? Under the Old Covenant, Sabbath was 1 day a week.

Under the New Covenant, Jesus, our Sabbath REST, is with us 24 hours a day, 7 days a week. So we can enjoy God every day, all the days ... we can REST from our own efforts and worries all the time! Just as God had intended for us!





TNCC
CHILDREN'S
CHURCH

RESTORE – JESUS OUR REST

ACTIVITY SUGGESTION

MEMORY VERSE

Matthew 11:28 *"Come to me, all you who are weary and burdened, and I will give you rest".*

Actions for younger kids:

"Come to me" (Beckon with hands)

"And I will give you" (Arms outstretched)

"Rest" (Hands over heart, big smile)

RELATED CRAFT

Text: Jesus is my REST!

CLOSING CIRCLE TIME

Sit in a circle. Pass around a special heart-shaped or related prop.

Each child gets to hold it and say, "Jesus gives me rest!"

Teachers affirm: "Yes, Jesus gives (child's name) rest!"

Close in prayer.