



DAY 7 God Rested

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READ

Day 7 The Day God Rested: Once God did all the work of making everything in the world, he rested. This was the seventh day. God blessed the seventh day and made it holy. It is called the Sabbath.

...OR READ GENESIS 2:1-3

Thus the heavens and the earth and all their array were completed. Since on the seventh day God was finished with the work he had been doing, he rested on the seventh day.... So God blessed the seventh day and made it holy, because on it he rested from all the work he had done in creation.

WONDER QUESTIONS (OPTIONAL)

What day do you think is the seventh day of the week for us Christians? (Sunday.) Is it a work day or a rest day? In what ways to we rest along with God on Sunday? (Go to church. Spend time with family and friends. Enjoy the outdoors!)