



Christ is Our Rest

Palsm 4:8

Items Needed

- ✓ Bible with marked scripture
- ✓ Crayons/Markers
- ✓ Copies of Word Search
- ✓ Copies of Coloring Sheet
- ✓ Copies of take home overview



Resting

Objective of Lesson

The objective of today's lesson is to demonstrate how rest, laying down and going to sleep, gives glory to Christ and demonstrates to us how Christ saves His people from their sins.

Scripture Reference

Psalm 4:8 I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety.

Lesson Instructions

1. (If the children are very young just focus on one point: Christ is our rest. Have them color the coloring sheet and point out that just like we quit playing and go lay down in our beds and rest, Christ's people quit working to please God and go lay down in Christ and rest.)
2. How many of you like to sleep? Raise your hand. (If the children are very young they may not raise their hand. HA!) I love to sleep! Why do we need sleep? Our bodies get tired and we have to rest them or we would fall over. Resting is very important! We couldn't live and take care of our families and jobs if we didn't stop and rest at the end of the day, but I'm going to tell you something you probably have never thought of. Resting - going to bed each

and every night - stopping your work at the end of the day and laying down in your bed to sleep is a picture of how Christ saves His people from their sins. You are sitting there scratching your head and confused, aren't you? HA! Yup! SLEEPING, taking a nap, - stopping what you are doing, laying down and going to sleep gives honor and glory to Christ and is a picture of how Christ saves His people from their sins.

3. I tell you every single lesson that there isn't anything in this world that doesn't picture Christ. He is the reason for everything. You hear people ask all the time: "What is the meaning of life"? The meaning of life is Christ! Just by looking into our lives and how God has arranged things - from marriage to Father/Son relationships - EVERYTHING is about Christ and how He saves His people from their sins.
4. I need someone to read our verse for us today! Turn your Bibles to Psalms 4:8. Let's read our verse.
5. Last night when I got my comfy pajamas on, I got into my wonderful soft bed and streeeeetched out! (Raise your arms above your head and make the movement of stretching.) I covered up and just smiled all over. Do you ever smile when you get into your bed? You smile because you are happy to be there! It's wonderful! Oh, I just LOVE my bed. I thank my wonderful Father in heaven for the amazing, soft, and safe place He has given me to sleep in. It is so soft! It doesn't hurt to lay in it. It is warm. I don't get into it and get too cold laying in it. Oh it's just amazing! At the end of the day I'm tired! Really tired! Our bodies need to rest or we cannot live.
6. The Lord God in heaven set it up this way in order to teach us about who we are and who Christ is and how He saves His people. Rest is talked about a lot in the scriptures. The Lord uses rest and sleep to teach us what is required of us in order to have life. We need to rest. Without rest there is no life.
7. There is another verse in Psalms that says (Psalm 127:2) It is in vain that you rise up early and go to rest late, eating the bread of anxious toil; for he gives to his beloved sleep. I bet you never thought of sleep as being a gift

from God, have you? Oh what a wonderful gift it is! God GIVES His people rest. (Exodus 33: 14, Ephesians 2:8-9) This verse is talking about how we try and try and try to work things out and fix things so the Lord God will love us. We make vows that we will try harder to do better. We wake up even earlier the next morning and work even later to do things in order to please God. We have a lot of fear about God being angry with us because of our sin and we work ourselves to the point of exhaustion trying to fix things between God and ourselves. We want so badly for God to love us and forgive us of our sins, but God is teaching us something important in these verses.

8. God is teaching us that our working to fix things is not ever going to fix it. (Matthew 11: 29, Isaiah 64:6) You are never going to work yourself back into God's good graces. (Isaiah 30: 15, John 5: 40, John 5: 39) Even if you get up earlier and work later and care more than you have ever cared about your soul, this is not how God saves those who need salvation. Stop from your work in trying to save your own soul, and rest in Christ. Christ has already accomplished the work of salvation. If you could work out your own salvation then Christ's death wasn't necessary. To reject Christ's work is to say you don't need Christ's work for your salvation. (Galatians 2: 21) From the cross Christ said, "It is finished.". (Hebrews 4:3, John 19:30, John 17:4) He was talking about the work needed to save your soul. (John 17:4, Luke 19:10, 2 Cor. 5: 18-19) The work is finished. Stop from YOUR work and rest in Christ's work. He is just like a wonderful bed that is soft and easy and safe. You don't have to work out your own salvation in Christ. It's finished.
9. Now when you go to bed at night you can think about Christ. You going to sleep and resting is exactly how Christ saves His people from their sins. They don't get up early and stay up later to fix things between God and themselves. The work is finished. Rest in Christ! (Ephesians 2:1, 5, Hebrews 10: 12, Hebrews 4: 9-11) Amen!



Lesson Activities:

- Coloring Sheet
- .Word Search

Take Home Lesson Overview



Resting

Scripture Reference: Psalm 4: 8

In our lesson verse we looked at what God has to say about rest. We talked about how Christ is our rest. Everything in this world was set up by God to teach us about how Christ saves His people from their sins. The whole world is one glorious picture of Christ and his gift of salvation for our souls. Today we talked about resting. At the end of every day we cease from our working and rest. The Lord uses rest and sleep to teach us what is required of us in order to have life. We need to rest. Without rest there is no life Oh what a wonderful gift it is! God GIVES His people rest. (Exodus 33: 14, Ephesians 2:8-9) Our verse talks about how we try and try and try to work out and fix things so the Lord God will love us. We make vows that we will try harder to do good. We wake up even earlier the next morning and work even later to do things in order to please God. We have a lot of fear about God being angry with us because of our sin and we work ourselves to the point of exhaustion trying to fix things between God and ourselves. We want so badly for God to love us and forgive us of our sins, but God is teaching us something important in these verses.

God is teaching us that our working to fix things is not ever going to fix it. (Matthew 11: 29, Isaiah 64:6) You are never going to work yourself

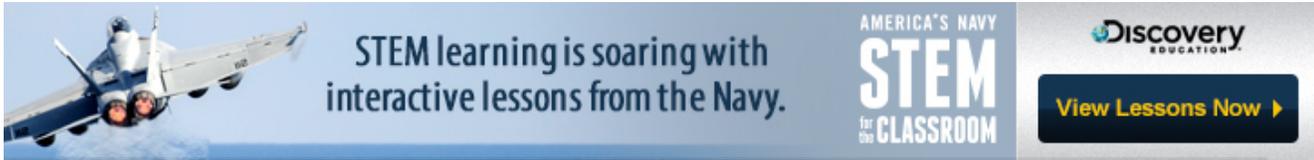


back into *God's good graces*. (Isaiah 30: 15, John 5: 40, John 5: 39) Even if you get up earlier and work later and care more than you have ever cared about your soul, this is not how *God* saves those who need salvation. Stop from your work in trying to save your own soul and rest in *Christ*. *Christ* has already accomplished the work of salvation. If you could work out your own salvation then *Christ's* death wasn't necessary. To reject *Christ's* work is to say you don't need *Christ's* work for your salvation. (Galatians 2: 21) From the cross *Christ* said, "It is finished.". (Hebrews 4:3, John 19:30, John 17:4,) He was talking about the work needed to save your soul. (John 17:4, Luke 19:10, 2 Cor. 5: 18-19) The work is finished. Stop from *YOUR* work and rest in *Christ's* work. He is just like a wonderful bed that is soft and easy and safe. You don't have to work out your own salvation in *Christ*. It's finished.

Now when we go to bed at night we can think about *Christ*. When we go to sleep and rest it is a picture of exactly how *Christ* saves His people from their sins. We don't get up early and stay up later to fix things between *God* and ourselves. The work is finished. Rest in *Christ*! (Ephesians 2:1, 5, Hebrews 10: 12, Hebrews 4: 9-11)

Christ
is our rest.





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Christ is Our Rest

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