



Enter My Rest: Sabbath (Genesis 2, Exodus 20, Hebrews 4)

Slowing Down – March 9, 2025

God rests because He is in control

Thus the heavens and the earth, and all the host of them, were finished. **Genesis 2:1 NKJV**

And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. **Genesis 2:2 NKJV**

Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made. **Genesis 2:3 NKJV**

We rest because God is in control

Remember the Sabbath day, to keep it holy. **Exodus 20:8 NKJV**

Six days you shall labor and do all your work, **Exodus 20:9 NKJV**

but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. **Exodus 20:10 NKJV**

For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it. **Exodus 20:11 NKJV**

Colossians 2:16-17

Mark 2:27

We enter God's rest by giving up control

There remains therefore a rest for the people of God. **Hebrews 4:9 NKJV**

For he who has entered His rest has himself also ceased from his works as God did from His. **Hebrews 4:10 NKJV**

Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. **Hebrews 4:11 NKJV**

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This week's OWNit365 New Testament Plus Plan:

March 9– Rev 22, Family Focus – Rev 22:8-21
March 10 – Isa 65, Family Focus – Isa 65:17-19
March 11- Reflection & Prayer
March 12 – 1 Tim 1, Family Focus – 1 Tim 1:12-20
March 13 – 1 Tim 2, Family Focus – 1 Tim 2:1-8
March 14– 1 Tim 3, Family Focus – 1 Tim 3:1-13
March 15– 1 Tim 4, Family Focus – 1 Tim 4

March 9

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GOD HELPS US

JERICO

This month, we are learning about the Israelites who marched around the city of Jericho. God helped them and the walls fell after the 7th time marching around the city on the 7th day. Like God helped them. God helped us too!

Memory Verse: "God will help us." Genesis 21:22b (adapted for toddlers)

Parent Connect: On the 7th day, Joshua and his army marched around Jericho 7 times and then blew their horns and screamed. Build a wall with blocks or boxes in your house. March around it 7 times with your toddler. After the 7th time, blow your horn from class today, scream and watch the wall fall over like in our story.

GKJR

JESUS IS GOD!

In this series we will learn how Jesus is God through amazing miracles and through changed hearts!

Memory Verse: "Give thanks to the LORD for he is good! His faithful love endures forever." Psalm 136:1

Heart of the Lesson: Transfiguration | Matthew 17:1-13, Mark 9:2-13

Parent Connect: Today we learned about a special miracle Jesus performed called Transfiguration. This was another example showing that Jesus is God! Take a walk with your kid either outside or around the home looking for things that change. Ex., trees outside change with the seasons, the clock on the wall changes time. Pray with your kid thanking God for all the things that change in our world!

ELEMENTARY

SSSSH

SLOWING DOWN - SABBATH - SCRIPTURE - SOLITUDE



God tells us in the Bible that in order to hear from him, we need the quiet. This month we are learning 4 ways to help us bring God's quiet into our lives: Slowing Down, Sabbath, Scripture, and Solitude.

Memory Verse: "Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." Matthew 11:28

Heart of the Lesson: Sabbath | Genesis 2:2

Parent Connect: Set aside a day and time to Sabbath with your kids. This could be an hour, an afternoon, or an entire day, but protect this time and say don't be afraid to say 'no' to things so you can spend time with the Lord together. Talk about what you are doing and why you are doing it with your kiddos!

SLOWING DOWN

This month, we're encouraging students to participate in Lent alongside the rest of the church body by slowing down and refocusing on what truly matters. Slowing down means trusting God with our time. Sabbath means taking a break to focus on Him. Scripture is where we find truth, so we need to be reading it regularly. Spending time with God—especially in solitude—helps us listen to His voice. These spiritual disciplines draw us closer to God and deepen our relationship with Him.

Memory Verse: "Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.'" Matthew 11:28-29

Heart of the Lesson: Sabbath means taking a break to focus on God - Genesis 2:2, Exodus 20:8-11, Matthew 11:28

Parent Connect: This week in G56 we talked about Sabbath and that it means taking a break to focus on God. This is your opportunity to show how you intentionally Sabbath and share examples: coming to church, reading/studying your bible intentionally daily, listening to worship music, intentionally pausing to focus on what God has to say to you, pausing the big to-do list to give time to God.

SLOWING DOWN



Sometimes, it is helpful to slow down to notice details in our day-to-day lives. This is true for our relationship with Jesus too! When we take time to slow down and spend more time with Him, we can understand Him better and see the world the way God sees it! This series, we're looking at different tools we can use when we slow down to spend time with God so we can see the world like He sees it!

Memory Verse: Taste and see that the Lord is good. Blessed is the person who goes to him for safety. (Psalm 34:8 NIRV)

Heart of the Lesson: Sabbath (Genesis 2:1-3, Exodus 20:8-11, Hebrews 4:9-11)

Parent Connect:

- Who showed us what Sabbath rest looks like?
- Who is the Sabbath for followers of Jesus?
- Will you trust God to be in control in your life and rest knowing that he is working all things out for your good?
- Do you know someone in your life who needs to know that they can rest in Jesus' sacrifice?