

Lesson 2 / June 8, 2008

Experiencing God's Rest and Peace

for use as

STEP 1

Lesson 2

Focus:

Take time out for God.

Lesson 2

Bible Basis:

Exodus 20:8-11;
Mark 16:2-6; Acts 20:7

Students will learn that one of the benefits of participating in God's Sabbath rest is peace.

What you'll need:

- Several newspaper clippings of tragic natural disasters such as tornados, hurricanes, earthquakes, etc.

After you greet your students, tell them that you want to talk about what is happening in the world. Lead a discussion with your kids about each event. Then, ask them how they think the people who experienced these tragedies felt. Make a list of all the emotions of the people on a whiteboard or chalkboard.

Then say, **All of these events describe chaos. Webster's Dictionary defines chaos as "utter confusion."** Not only can humans experience confusion in their *physical* world, such as in a tornado or when their house is burned down, but they can experience internal confusion or chaos in their emotions. For example:

- **What are some of the things that you and your friends experience internal confusion or chaos about?** *(They may name friendships, their grades, sports, or challenges with teachers.)*
- **What are some emotions you have when you experience internal chaos?**
- **How are the two lists similar?**

When we are experiencing confusion, frustration, fear, anxiety, or any of the emotions that we listed on the board, we need a rest from them, right? We need a way to overcome these emotions. This is one of the reasons God says we need to go to Him when we feel heavy and weighted down, because He will give us rest (Matt. 11:28). And it's also one of the reasons He wants us to rest on Sunday, so we can have internal peace and not chaos.

(Continue on to Steps 2 and 3 in your *Middle School Teacher's Guide*; Step 4 appears below.)

Lesson 2 / June 8, 2008

Experiencing God's Rest and Peace

for use as

STEP 4

Lesson 2

Focus:

Take time out for God.

Lesson 2

Bible Basis:

Exodus 20:8-11;
Mark 16:2-6; Acts 20:7

You will need:

- A CD player
- A CD on which you have burned about 20-30 seconds of soft, soothing instrumental music followed by several seconds of very loud and rowdy music.
- A soothing story (See the example below.)

Now, I want to give you a gift of rest. So that I can give you this gift, I would like you to close your eyes and imagine the scene I describe. Once your students have their eyes closed and are resting comfortably, turn on the CD player and read the story below (or one that you wrote yourself, or a soothing psalm from Scripture). When the soft music ends, it will be immediately followed by your loud music. This will shock your students because they will be in a state of rest and peace. If they haven't, ask your students to open their eyes.

- **Did anyone feel shocked by the change of the music?**
- **How did you feel while I was reading the story and the soft music was playing?**
- **How did you feel when the loud music came on?**

Make a list of these emotions on the board.

This is how it is when we don't spend time with God so we can experience His rest. We can feel. . . (use the words they described and that you wrote on the board.)

But, when we spend time with Jesus, we can experience peace like you did when you were listening to the story. So time with Him can be refreshing. But can you imagine how life would be if we never stopped moving, never stopped to rest, and never got quiet? All the time we would feel like you felt when the loud music came on. We would feel. . . (name the emotions they listed). This is one of the main reasons that Jesus wants us to stop on the Sabbath—He wants us to experience His peace.

Then say, I encourage you to spend time today and quiet yourself so you can experience peace and preparation for your busy week. You can do this by thinking about soothing praise songs and praying to God while you are alone

Lesson 2
Memory Verse

Remember the Sabbath day by keeping it holy.

—Exodus 20:8

in your room. You can spend time praying to Him and sharing your worries with Him.

Give students time to make a plan for their quiet time with God, then close in prayer.

Story:

BEGIN MUSIC

You are walking along a trail in a meadow covered with flowers. The sun is shining and the birds are singing. Purple mountains kiss a clear blue sky. For as far as you can see, there is no one around. It's just you, the sun, the sky, and the mountains. You breathe in the fresh air and peace fills you. As you slowly walk down the path in the middle of the meadow that is covered in flowers suddenly you see . . .

LOUD MUSIC STARTS HERE TO SHOCK STUDENTS

Note: You'll need to match the length of your music with your story.

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