

The Harvest Season/Creation worship

Rest: Slide 1



The first slide takes us back to the beginning of the sequence.

Is nature the art of God?

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Rest: Slide 2

Rest – the final part of the creation story is special...



From Day 6 of the Creation Story...

On the sixth day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

Rest is a very special part of the story.

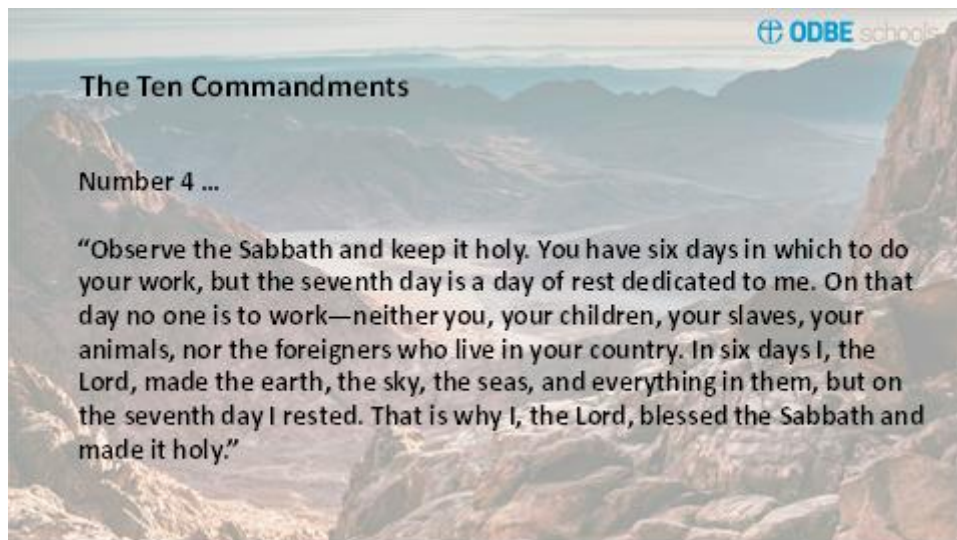
It is so special that it is 'made holy' by God. ('Holy' meaning, special to God or devoted to God)

Another word for holy is 'hallowed' – a word that we have been using in the Lord's Prayer each time.

Do pupils feel that rest is very special? Why?

The Harvest Season/Creation worship

Rest: Slide 3



This slide can be omitted

The 'rest' part of the creation story is so important that it is included in the 10 Commandments.

The 10 Commandments are often seen as the basis of what Christians call the 'Law'

You may wish to paraphrase the Bible quote something like this...

"Keep the Sabbath keep it holy. You have six days in which to do your work, but the seventh day is a day of rest. In six days I, the Lord, made the earth, the sky, the seas, and everything in them, but on the seventh day I rested. That is why I, the Lord, blessed the Sabbath and made it holy. ('Hallowed' it)

Would it be a good idea if our laws included one which said 'you must rest for one day a week?

(This may be a time for some history – when did it become legal for shops to open on Sundays?)

There is some disagreement among biblical scholars as to whether the law or the story comes first – but this does not diminish the importance of rest for individuals, the community or theology!

Notably Jesus' famous summary of the law includes one of the 10 commandments but the second part 'love your neighbour as yourself' comes from Leviticus

The image is Mt Sinai, traditionally the place where Moses received the 10 commandments.

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Rest: Slide 4



Is rest about just doing nothing?

Rest is essential to our wellbeing. There are all sorts of kinds of rest.

What kinds of rest do we need?

We have simplified the 7 kinds of rest found in various places such as ...

<https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/>

Gather pupils' views about how they rest. This slide can be adapted for different ages of pupil. For instance, some of the different kinds of rest could be removed – except for Spiritual Rest

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Rest: Slide 5

Our Spiritual Rest



**O Lord, our Lord,
your greatness is seen in all the world!
When I look at the sky, which you have made,
at the moon and the stars, which you set in their
places—
what are human beings, that you think of them?
You appointed them rulers over everything you made;
you placed them over all creation:
sheep and cattle, and the wild animals too;
the birds and the fish
and the creatures in the seas.
O Lord, our Lord,
your greatness is seen in all the world!**



This is taken from Psalm 8

Spiritual rest allows us to think about ourselves and about God. This is what one poet wrote when they took time to rest and reflect on the wonders of creation.

- We can rest spiritually by being silent or still.
- We might breathe gently and rhythmically.
- Music might help our spiritual rest

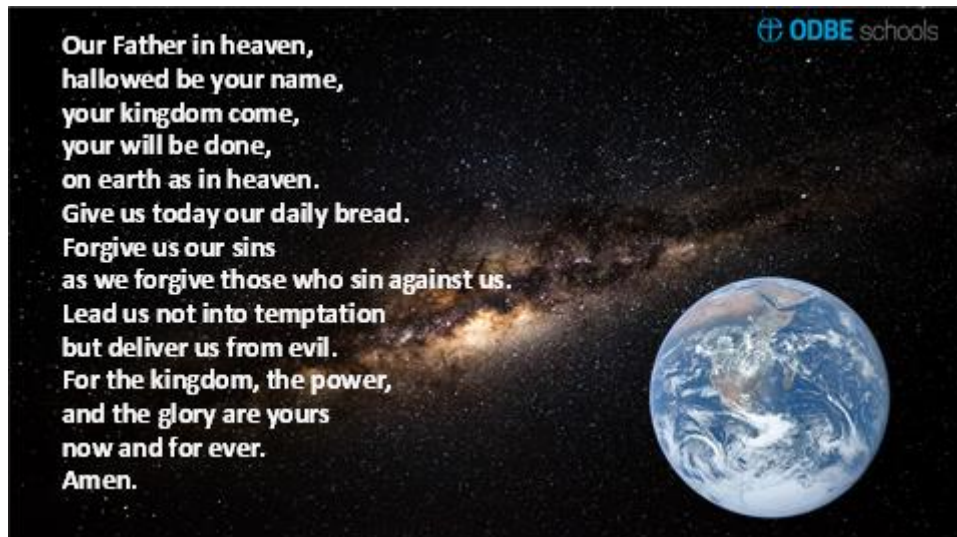
(You may like to link to Space Makers to find more ways to do this:

<https://www.odbe.org.uk/schools/spirituality/contemplative-toolkit/>)

What would we write when we are allowing our spirits to rest?

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Slide 6



The Sessions close with the Lord's Prayer.