The background features a vibrant, abstract design with large, overlapping shapes in yellow, light blue, lime green, and pink. The shapes are fluid and organic, creating a modern and colorful aesthetic. The entire design is enclosed within a thin black border.

# SABBATH SUNDAY

FOR YOUNG READERS

JANUARY 28, 2024

In the opening pages of the Bible, we read about HOW the world was created and WHO created it.

God created everything that we can see, like an artist splashing paint on a blank canvas. You'd see colors: green, red, yellow, blue, and bright orange.

God created the ocean, mountains, animals, plants, and human beings too! At the end of that work, he took time to REST. No more imagining, creating, or working...God stepped back and looked at what he had made. God smiled at what he had created. His work brought him great joy.

But why would God rest? Does God get tired? Does he run out of energy and strength?

What a great question!

God chooses to rest to show all of us that not every moment of the day needs to involve **DOING & MAKING**.

Part of what it means to be in God's family is that we follow God's way and we accept his gifts. We copy what he does and we open the gifts that he gives us.

Rest is a gift from God to us.

But when you hear the word "REST," don't just think about sleep.

Don't just think about the moment in the back of the car when your eyes get too heavy, and you fall asleep on your way to grandma's house or on your way home from the grocery store.

Sleep is rest, but it not the only form of rest.

Rest also is the moment when you feel most like yourself. You aren't focusing on the to-do list that someone made for you, or the one that you made for yourself.

REST is happening when you are enjoying something so much that you lose track of time.

REST is happening when you sit down to put together a puzzle and before you know it, an hour has passed, but it has felt like 11 minutes AT THE MOST.

REST is happening when you are throwing the football in the backyard and before you know it; it has become dark outside and your parents let you know that it is time to come in.

REST is happening when you are making music, coloring, and helping with brownies in the kitchen.

REST is happening when you laugh so hard that your stomach hurts, and when you focus on what is right in front of you instead of focusing on what is going on tomorrow.

REST is happening when you walk outside and feel the warm sun on your face and you hop on your bike and feel the wind messing up your hair.

REST is happening when you have to re-apply sunscreen because you have been at the pool for the entire day: jumping off the diving board and feeling the cool water rushing over your body.

REST is happening when you say:  
"this is so AWESOME!"

REST is happening when you  
cannot help but smile!

REST is happening when you just  
HAVE to tell a friend about what  
you just learned.

REST is happening when you don't  
want to go to sleep because the  
day has been so much fun.

REST is happening when you see  
with your own eyes, the world,  
and all of its beauty; pointing to  
the God who placed you in his  
great idea called PLANET EARTH.

The following pages are an opportunity for you to REST, and to think about the year 2023, and to write down some of what happened.

The AMAZING  
The SAD  
The DIFFICULT

AND

The "I don't want to come inside yet!"

Work on the whole thing, or just do a few pages at a time. I hope that it helps you feel God's presence like you feel warm sunshine.

-Pastor Dave



## MOMENT #1



Think back to something this past year that you really enjoyed...a moment you could have stayed in **FOR A LONG TIME....**

**Space for Drawing**

**Who was with you?**

**What did you do?**

**What did you feel? (Circle 3 things)**

**HAPPY**

**CALM**

**JOYFUL**

**COZY**

**RELAXED**

**EXCITED**

**PEACEFUL**

**GRATEFUL**

**PROUD**

**LOVED**

**BRAVE**

**SILLY**

**ENERGIZED**

**GLAD**

**STRONG**

1. What do you want  
MORE of in 2024?

A large square box with a light green border, intended for writing a response.A large square box with a pink border, intended for writing a response.A large square box with a blue border, intended for writing a response.A large square box with a blue border, intended for writing a response.A large square box with a light green border, intended for writing a response.A large square box with a pink border, intended for writing a response.

## MOMENT #2



Think back to something this past year that you really enjoyed...a moment you could have stayed in **FOR A LONG TIME....**

**Space for Drawing**

**Who was with you?**

**What did you do?**

**What did you feel? (Circle 3 things)**

**HAPPY**

**CALM**

**JOYFUL**

**COZY**

**RELAXED**

**EXCITED**

**PEACEFUL**

**GRATEFUL**

**PROUD**

**LOVED**

**BRAVE**

**SILLY**

**ENERGIZED**

**GLAD**

**STRONG**

2. What do you want LESS  
of in 2024?

A large square box with a light green border, intended for writing an answer.A large square box with a pink border, intended for writing an answer.A large square box with a blue border, intended for writing an answer.A large square box with a blue border, intended for writing an answer.A large square box with a light green border, intended for writing an answer.A large square box with a pink border, intended for writing an answer.

## MOMENT #3



Think back to something this past year that you really enjoyed...a moment you could have stayed in **FOR A LONG TIME....**

**Who was with you?**

**What did you do?**

**Space for Drawing**

**What did you feel? (Circle 3 things)**

**HAPPY**

**CALM**

**JOYFUL**

**COZY**

**RELAXED**

**EXCITED**

**PEACEFUL**

**GRATEFUL**

**PROUD**

**LOVED**

**BRAVE**

**SILLY**

**ENERGIZED**

**GLAD**

**STRONG**

3. What did you do this year that you're proud of?

A large rectangular box with a pink border, intended for writing an answer. The box is empty and occupies the upper half of the page.A large rectangular box with a green border, intended for writing an answer. The box is empty and occupies the lower half of the page.

## MOMENT #4



Think back to something this past year that you really enjoyed...a moment you could have stayed in **FOR A LONG TIME....**

**Space for Drawing**

**Who was with you?**

**What did you do?**

**What did you feel? (Circle 3 things)**

**HAPPY**

**CALM**

**JOYFUL**

**COZY**

**RELAXED**

**EXCITED**

**PEACEFUL**

**GRATEFUL**

**PROUD**

**LOVED**

**BRAVE**

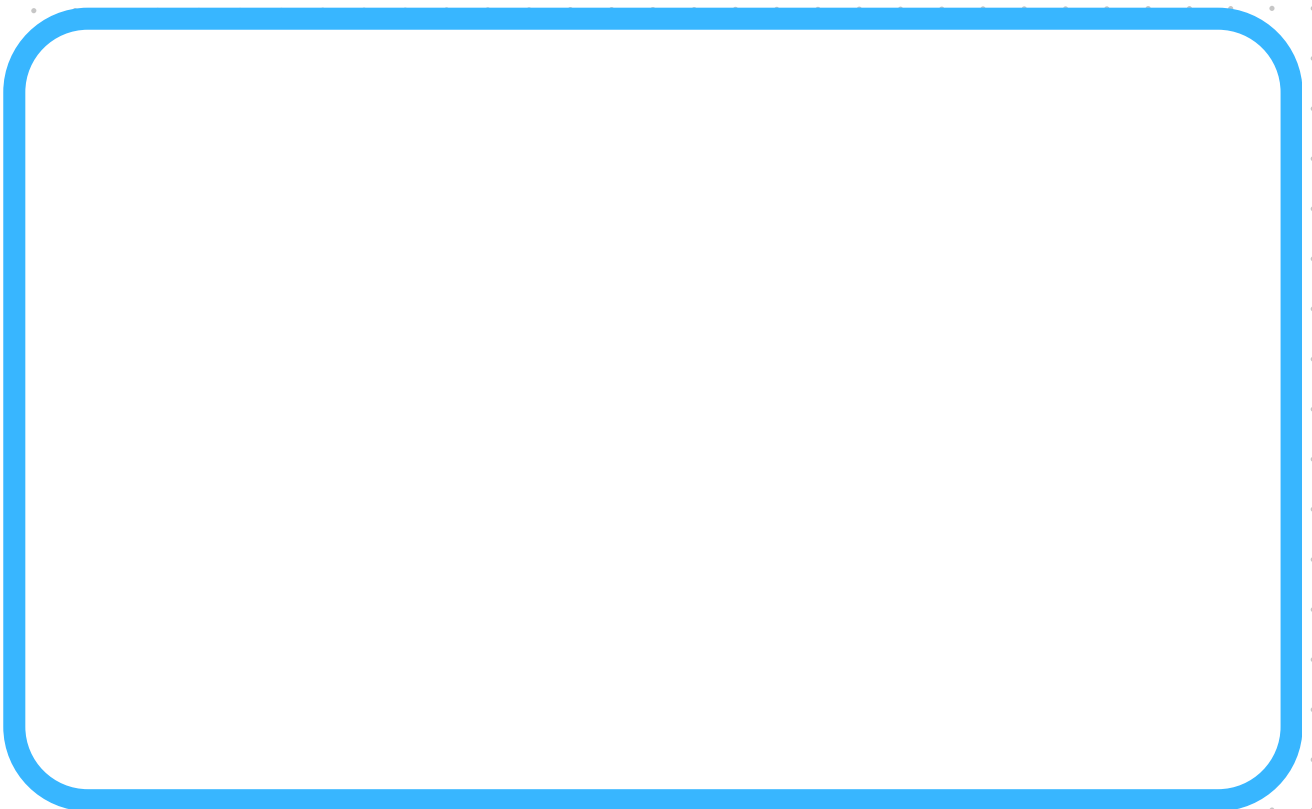
**SILLY**

**ENERGIZED**

**GLAD**

**STRONG**

4. Name two new things that  
you tried this year





## MOMENT #5



Think back to something this past year that you really enjoyed...a moment you could have stayed in **FOR A LONG TIME....**

**Space for Drawing**

**Who was with you?**

**What did you do?**

**What did you feel? (Circle 3 things)**

**HAPPY**

**CALM**

**JOYFUL**

**COZY**

**RELAXED**

**EXCITED**

**PEACEFUL**

**GRATEFUL**

**PROUD**

**LOVED**

**BRAVE**

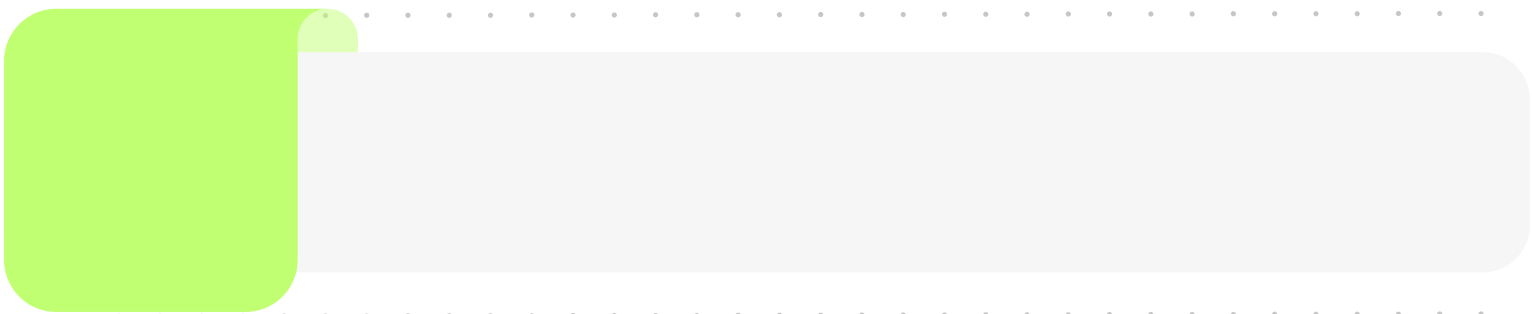
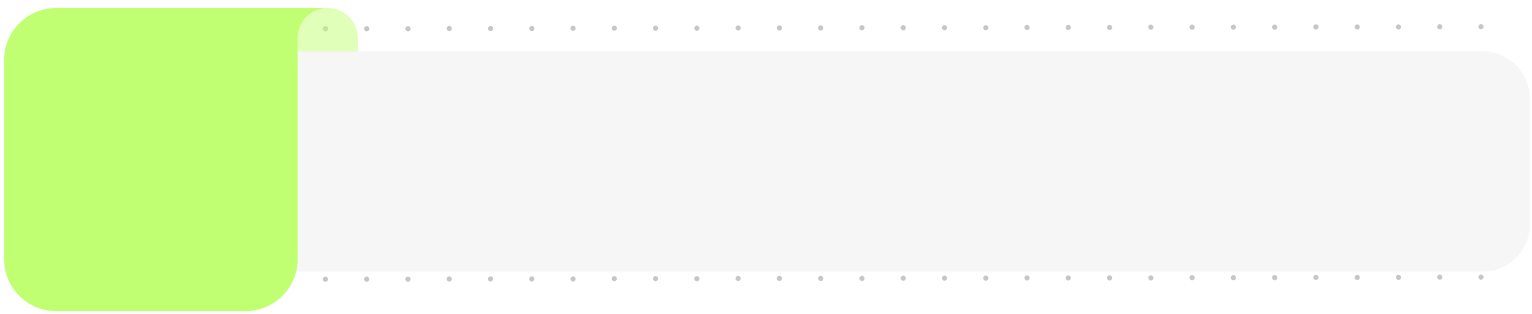

**SILLY**

**ENERGIZED**

**GLAD**

**STRONG**

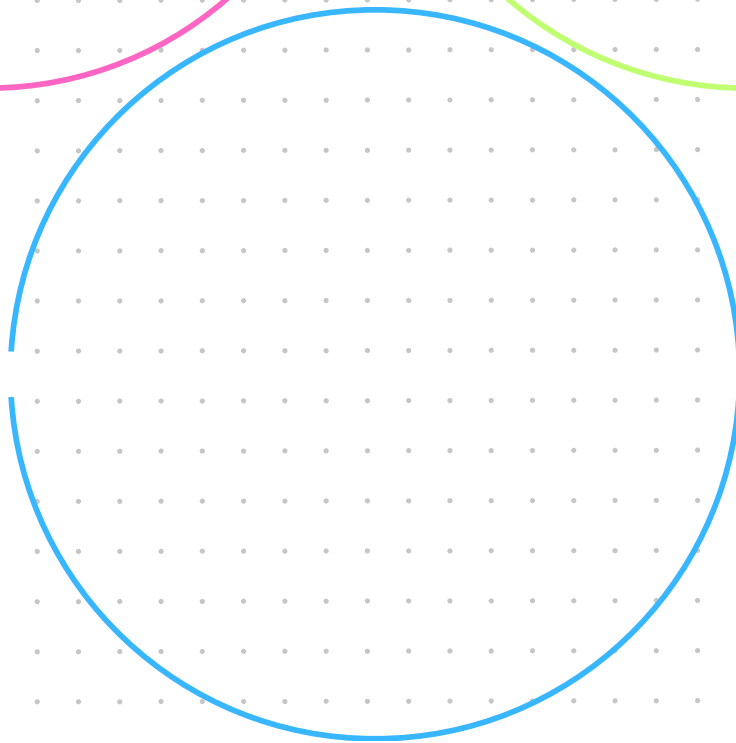
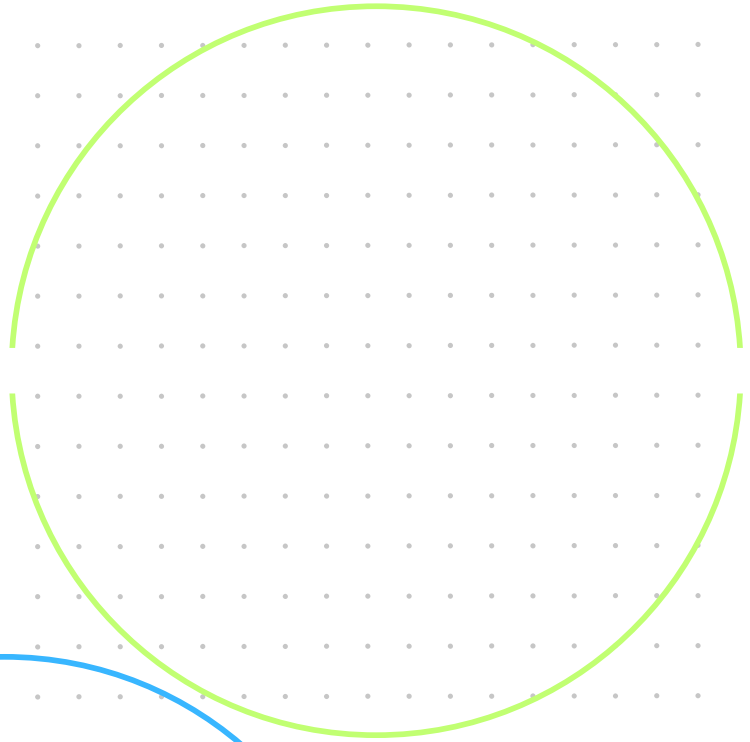
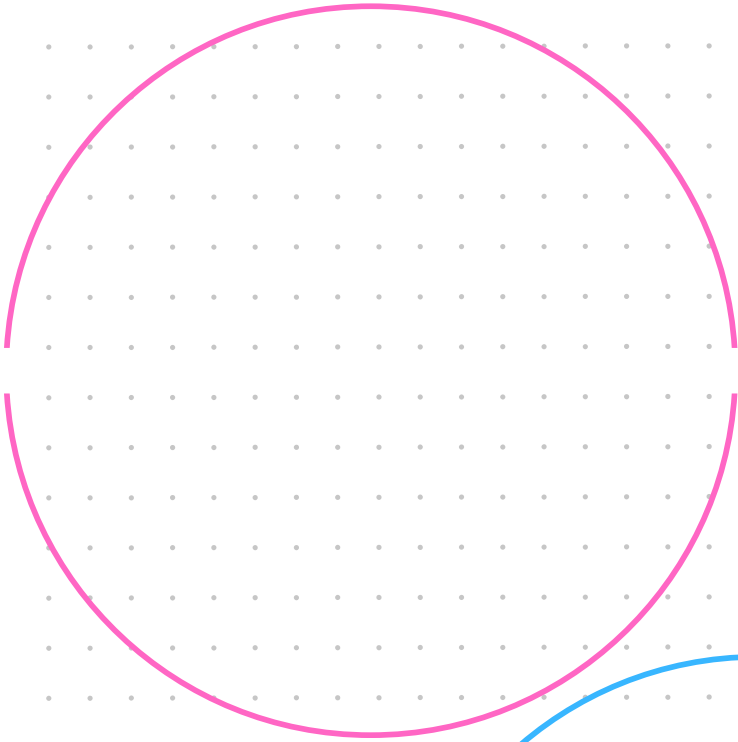
5. What is something you did this past year to help someone?



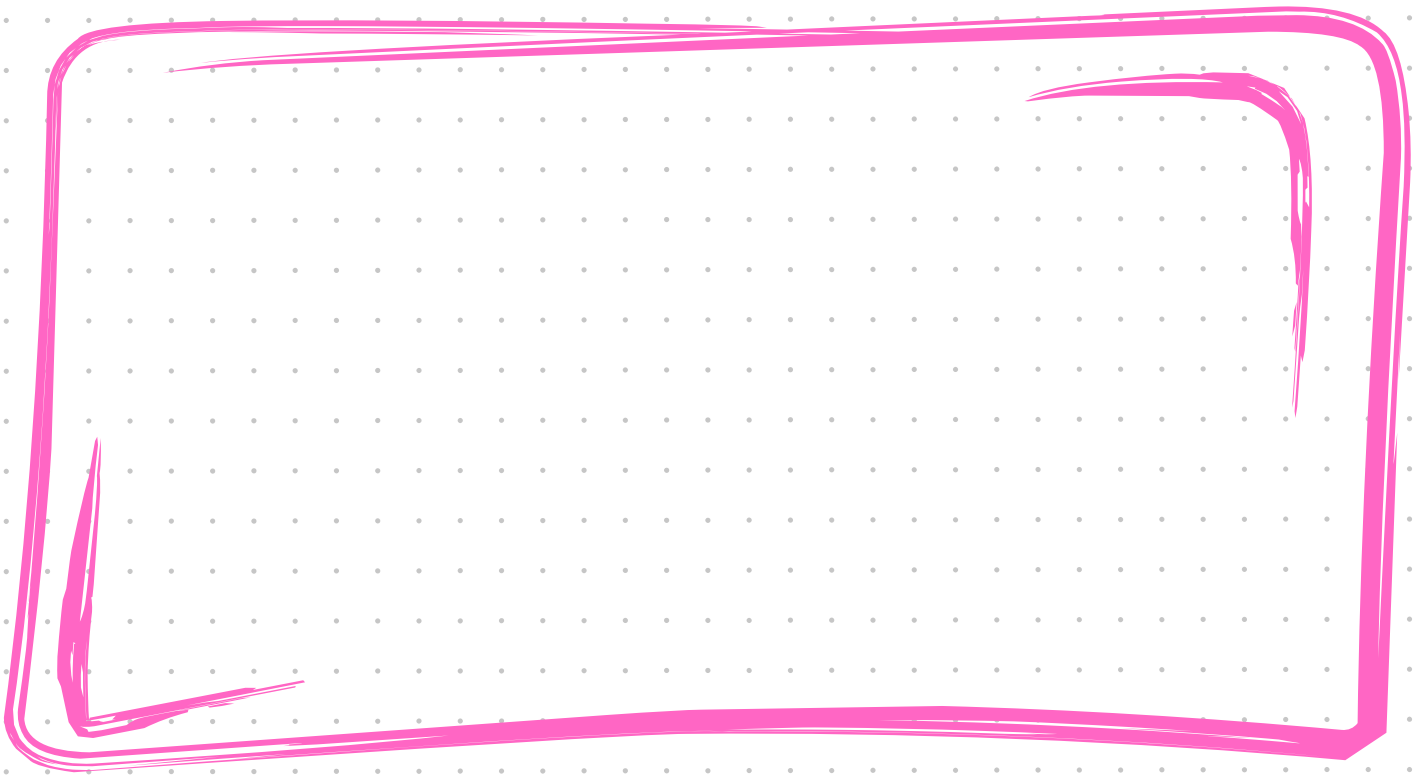
A rectangular box with a pink border and a light gray dotted background, intended for writing.A rectangular box with a pink border and a light gray dotted background, intended for writing.A rectangular box with a green border and a light gray dotted background, intended for writing.A rectangular box with a green border and a light gray dotted background, intended for writing.A rectangular box with a blue border and a light gray dotted background, intended for writing.A rectangular box with a blue border and a light gray dotted background, intended for writing.

6. What was something sad that happened this year?

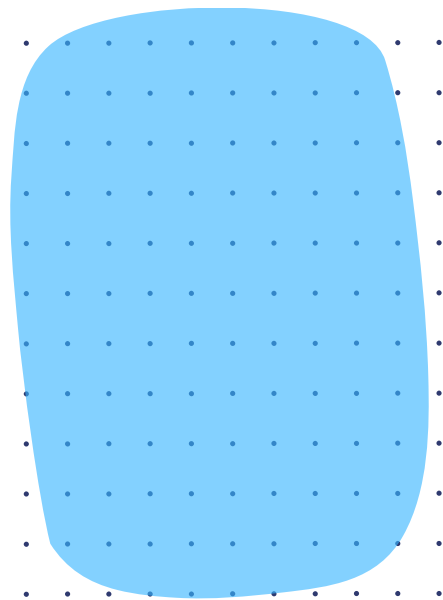
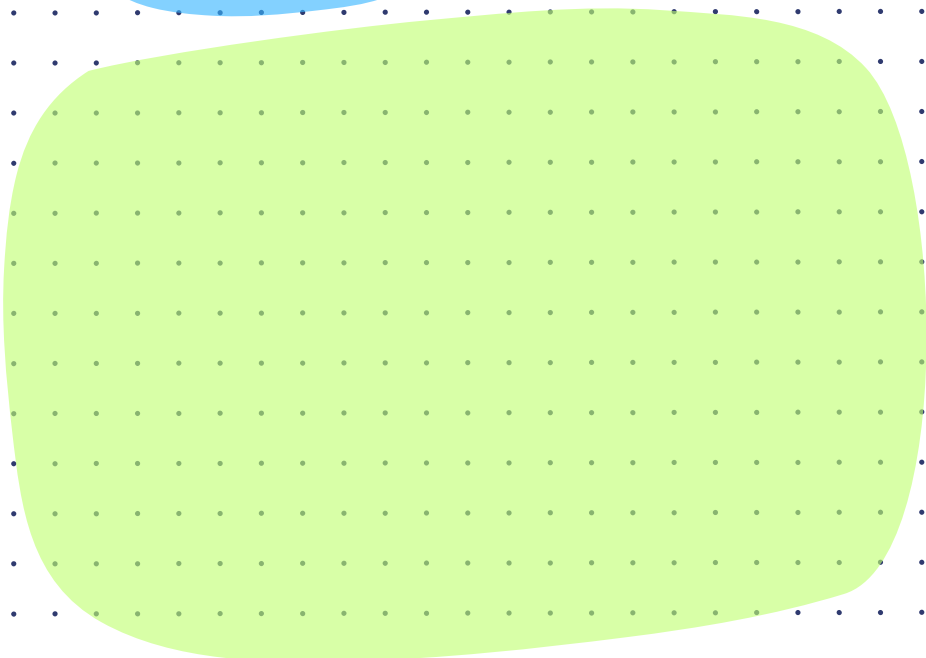
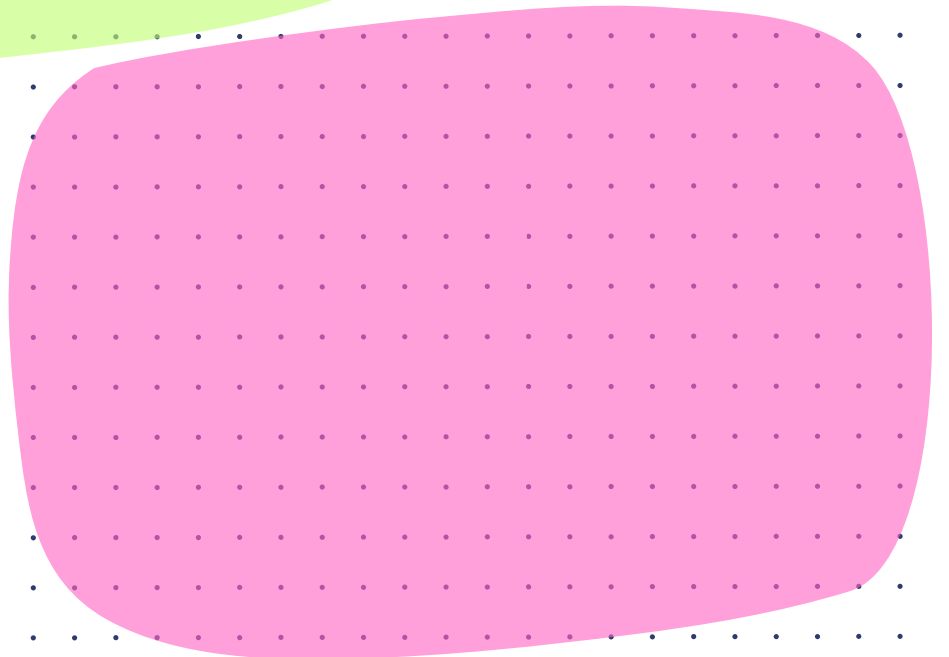
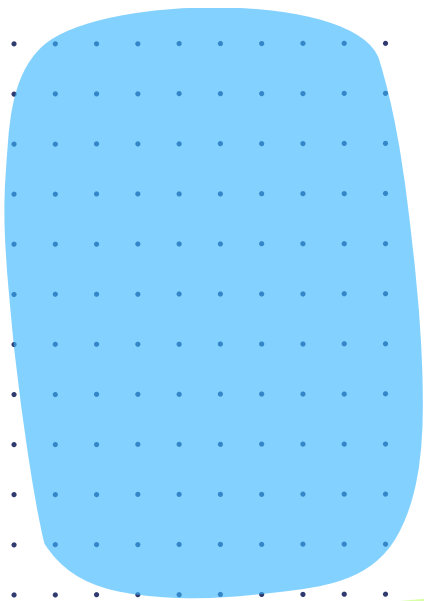
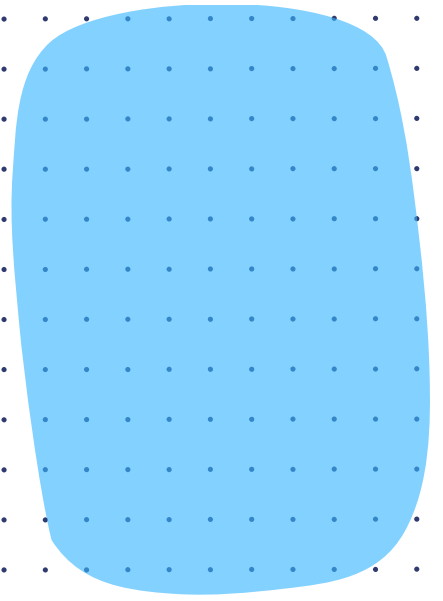
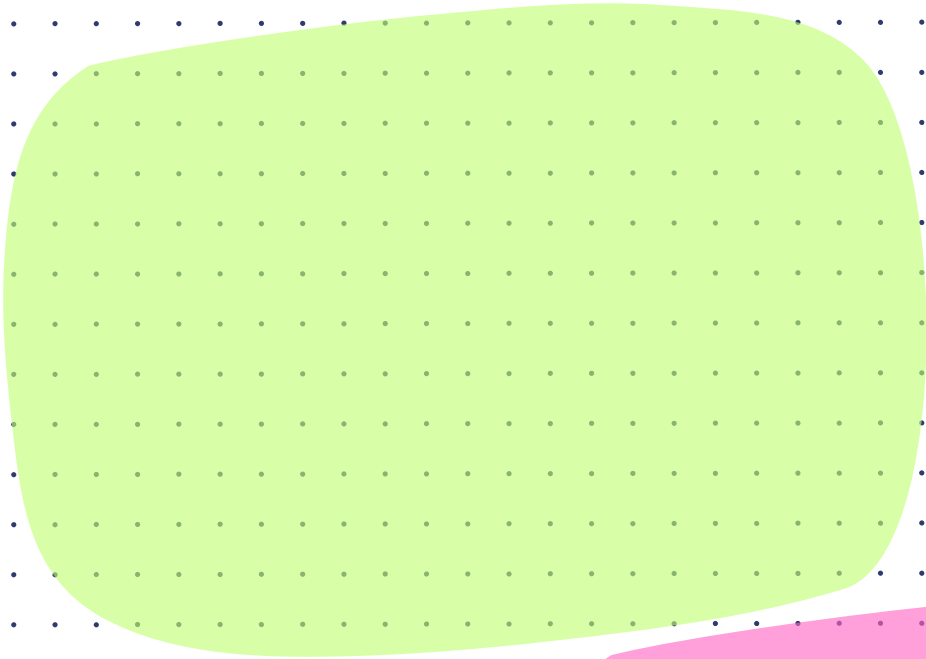
7. Name 3 things that made you  
laugh this year



8. What's one hard lesson you learned this year? You can WRITE it or DRAW it.



9. What did you tell God this year?



**For even if the mountains  
walk away and the hills fall  
to pieces, My love won't  
walk away from you, my  
covenant commitment of  
peace won't fall apart.**


**Isaiah  
54:10**









The background features a vibrant, abstract design with large, overlapping organic shapes in yellow, light blue, lime green, and pink. The shapes are layered, creating a sense of depth and movement. The entire design is enclosed within a thin black border.

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