**Heritage Builders Tips – February 2015**

***In the Air***

A time of rest helps us to refocus on God and brings purpose to all our weekly activity - to serve Him. You'll need a Bible, balloons, markers, small stone per child, paper and pencils. Have each one create a list of responsibilities during a typical week, then help them categorize into school, social, church, family, chores, etc. Give each person 3 or more balloons and have them do the following: Prioritize to see which category takes up the most of their day or week. Place a small stone in one of the balloons, then blow it up and mark on it the thing they spend the most time on. Have them blow up the rest of their balloons and label them according to the next items on the list. Make sure one of them is a "God" balloon. One at a time, have them toss all their balloons in the air and try to keep them from touching the ground. Then ask: *Was it easy to focus on one balloon when you had to keep so many in the air? How did you have to deal with the top priority balloon (the one with the stone)?* Now have them keep their "God" balloons in the air for 2 minutes. Ask: *How easy is it to keep one in the air and why?* Read Genesis 2:2-3; Exodus 20:8-11 and 31:12-17 and consider: *Why is God so serious in telling us that He wants us to rest?* (We are His people and we are to do as God has done; He rested on the seventh day of Creation.) Share: *By observing the Sabbath and "resting" from the many busy things we do, we set ourselves apart and show God we choose to serve Him. Also, when we take time out to rest and think about our relationship with God, other people see that we serve God. They learn that we value our church day and want to keep it holy, as the Bible asks us to do.* Teach the fourth commandment slogan: *"Remember the Sabbath Day by keeping it holy."*