

Lesson 2 / June 14, 2026

Give Me A Break!

By RLD Editorial Team

for use as
STEP 1 

Lesson 2**Focus:**

God gives us a special day to focus on Him.

Lesson 2**Bible Basis:**

Genesis 2:1–3;
Exodus 20:8–11; 31:13
Acts 20:7;
1 Corinthians 16:1–2

Lesson 2**Memory Verse:**

Not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. —Hebrews 10:25

As students discuss their activities, they will begin to see needs we experience and God’s provision for the need for rest.

Materials:

Internet access

As you begin this session, ask your teens if there are activities they are looking forward to this summer. Your teens may talk about looking forward to summer jobs, vacations, or just having a break from school. Ask your students to think of a favorite activity they enjoy. It can be anything. A sport, playing an instrument, playing video games, eating, whatever.

➤ **If you had to do that favorite activity non-stop for a long time (days and days), what would happen?** (Answers might include: I'd need sleep! It wouldn't be fun anymore. I'd need a break. I'd need rest, etc.)

No matter what we’re doing, even if it’s our favorite thing in the world, we need a break from it, right? Check out this sleep expert’s discussion of how getting plenty of sleep can help improve athletic performance.

Share the following video clip with your students [0:33]:

Why Elite Athletes Sleep 10+ Hours

<https://www.youtube.com/shorts/GtyE5h1N7A8>

➤ **What did this video have to say about the importance of sleep and rest for athletes?** (It enhances athletic performance and helps many world-class athletes achieve new levels of success.)

➤ **While this video talks specifically about sleep for athletes, why is rest important in other aspects of life?** (Answers will vary. Let several students share. They may say they are getting bored without a change in routine. They might acknowledge that they would be exhausted without rest, etc.)

We all need rest—and God knows it. God set aside a special time for His followers to rest and to remember Him. Let's check out the plan God had in mind for us.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

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Give Me A Break!

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STEP 4 

Lesson 2**Focus:**

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Materials:

- Paper
- Pens/pencils

If your class is meeting online, invite students to bring supplies with them to class.

➤ **What are some ways our church and others have tried to follow the spirit of Hebrews 10:25?** (Allow students to share. Online services, home share groups, people meeting in cars in the parking lot, or one-on-one mentoring may be some answers.)

➤ **What have you liked about the ways we have been meeting? What have you not enjoyed?** (Allow students to answer honestly; accept all reasonable answers.)

➤ **But how about after “church” on Sundays? How can we honor God the rest of His holy day?** (Spend time enjoying God’s presence.)

Distribute supplies (or invite students to have them ready at home). Ask them to outline what their average Sunday looks like. Their schedules may look very different than they have in the past.

Then, ask them to turn their paper over and write down all the things they love to do but never have time for. This list *must not* contain things they do during the week—no video games, TV, etc. and must be items that are somewhat restful in nature. List items might include reading for enjoyment (as opposed to homework), photography, hiking, cooking, crafting, geocaching, calling a beloved elderly relative, writing poetry, drawing, etc. Remember, God made the Sabbath for you to enjoy; He didn’t make you just to “keep” a ritual or something you hate doing.

Now ask your teens to look at that list and see how they might involve God in those enjoyable, restful activities. Examples might be: if they love to read, read God’s Word—more than just a chapter—or a fascinating biography about a passionate Christian; take a hike and photograph things that fascinate you about His creation, thanking Him for each one; set up a Christ-centered geocache where participants will find an interesting Gospel tract or a bookmark with Scripture on it.

If you would like, play this song while they reflect and write [4:26]:
My Soul Finds Rest (Psalm 62) - Sandra McCracken
<https://www.youtube.com/watch?v=f0bw1U59liE>

When everyone has finished, ask them to compare their average Sunday with their list of things they enjoy but never have time for. Ask your teens to share as much as they would like about how they can turn something they love to do into a way to spend time in God's presence and be refreshed. Also have them share a specific plan for implementing those ideas for when/how they'll do it—for instance, they might want to set aside the time after lunch on Sunday until dinner as their Sabbath rest enjoyment.

End with a group prayer, thanking God for His holy day and asking for His help in keeping it and enjoying it with Him.

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