



1. CONVERSATION STARTER

Supplies:

- None

Timing:

- Up to 10 minutes for Conversation Starter and Intro Activity

Leader Tip:

- Use the Conversation Starter as an opportunity to share your heart for the group and to let the students get to know you and the things you like to do!

Instructions:

- As the students arrive, gather them together in a group.
- DISCUSS:** What's your favourite thing to do on the weekend, if you had a full day off and could do anything?
- SAY:** Over the last couple of weeks, we talked about creation. We learned about how God spoke everything into existence and how he created us in his image to be in relationship with him. Today, we'll talk about things that we enjoy and that give us life.

2. INTRO ACTIVITY

Supplies:

- Small bucket
- Icons activity page
- Paper
- Markers

Timing:

- Up to 10 minutes for Conversation Starter and Intro Activity

Leader Tips:

- Think about what you're going to share ahead of time.
- Consider bringing your own props to use as visuals (e.g., notebook for school work, calculator for managing money, running shoe for a run, earbuds for listening to music, etc.). Be creative! Props will engage the students and help them remember the illustration.

Instructions:

- SAY:** Did you know that after God created the world and Adam and Eve, he took time to rest and enjoy what he made? We're going to hear more about that soon. If God needed time to rest and to enjoy things, how much more does that apply to us? Think of it like this:
 - If my life is a bucket, there are things that I do that fill it up and give me life. And there are things that take energy and drain my bucket. That doesn't mean they're bad things! But they take energy and, eventually, I need to be filled up again.
 - Things that drain our buckets might include having a busy schedule, doing loads of schoolwork, keeping track of our money, and so on. Things that fill up our buckets may be spending time with our family, going for a run after school, listening to music, etc.
- DISCUSS:**
 - What sorts of things are enjoyable and restful to you? In other words, what fills your bucket?
 - What do you think would happen if we only did things that drained our buckets?
- Give each student an activity page and markers.
- Encourage them to think of their own top 3 life-giving hobbies or activities.
- Challenge them to create icons to represent and remind them of these things.



3. WEEKLY VIDEO

Supplies:

- Video file

Timing:

- 10 minutes

Leader Tip:

- Sit with the students and encourage them to focus on the video as necessary.

Instructions:

- Play the video. This video contains:
 - Host segment
 - God Story (Genesis 2:1-3)
 - Life Story (Chef Nathan Scott)
- After the video, DISCUSS:
 - What was the God Story about? Could you explain it to a friend in a couple sentences?
 - What was the Life Story about?
 - How did the Life Story connect with the Big Idea and the God Story?
 - How does today's video connect to your own life?



4. BUCKET LIST

Supplies:

- Bibles
- My Perfect Bucket-Filling Day activity pages
- Pens

Instructions:

- Have students look up and read Genesis 2:1-3.
- DISCUSS: Why do you think it was important for God to rest? Was it because he was tired and couldn't keep going?
- SAY: God didn't need to rest. He values rest and knows it's important so he modelled it for us. He used his day of rest to enjoy creation. God rested on the seventh day, which is now called the "sabbath." Jesus also modelled how important the sabbath is for us.
- Have students look up and read Matthew 14:22-23.
- SAY: The Sabbath doesn't mean a boring day of doing nothing. It also doesn't mean a day to catch up on all the things we didn't get to the rest of the week. It's designed to be an intentional day of filling up our buckets. It could mean resting and laying low. Sometimes it means playing. Observing the sabbath means finding ways to stop and to rest and to enjoy God's creation in a purposeful way.
- DISCUSS:
 - What things are you curious about exploring that could fill up your bucket on a day of rest?
 - Are there any activities you haven't done but would love to try?
 - Are there any places you'd like to visit that you think might be life-giving?
- Give each person a My Perfect Bucket-Filling Day activity page and a pen.
- Explain that they have 10 minutes to work on their personal bucket lists. As the students work on their lists, engage them one-on-one to ask questions and affirm them.
- Wrap up this activity by encouraging the students to plan a day of rest based on their list.

5. PRAYER ACTIVITY

Supplies:

- None

Instructions:

- a. SAY: We all love doing different things. God created us that way—uniquely and purposefully! He also created a world that we can all enjoy in different ways. We're going to spend some time thanking God for the things that fill up our buckets.
- b. Divide the students into small groups.
- c. Encourage them to pray and thank God for the specific things he has given us to enjoy.

Os Our Story

6. DISMISSAL

Supplies:

- Take home cards
- Key verse cards (for students who didn't yet receive them)
- My Perfect Bucket-Filling Day activity pages

Instructions:

- a. Take a few moments to pray for the students.
- b. Remind everyone about any upcoming events or relevant announcements.
- c. Make sure the students have their take home materials, including their completed My Perfect Bucket-Filling Day activity pages.
- d. Ensure the adult teaching is over before dismissing the students.