

Stop and Rest

For teens ages 12–14 · about 45–60 minutes · Buried & Raised · game **Stop and Rest** · built on Exodus 20:8–11, Mark 2:27, and Hebrews 4:9–10

Your students live in a world that never stops — homework, sports, group chats, weekend shifts, and the quiet pressure to be always on. Many think rest is laziness and busyness is holiness. Others crash on Sunday afternoon and call it Sabbath while scrolling four hours. This session teaches that God **built rest into creation** — stopping is worship and trust, not weakness. Sabbath points to soul-rest in Christ beyond one day off.

Before you teach anything, pray.

Some students are exhausted; some are addicted to hustle culture. Ask the Spirit to show rest as faith — trusting God enough to stop, worship, and let Him be God while you are not producing.

The heart of the lesson

Remember the Sabbath day by keeping it holy (Exodus 20:8–11) — God rested after creation and invites His people into rhythm. Jesus said, “**The Sabbath was made for man, not man for the Sabbath**” (Mark 2:27) — gift, not trap. Hebrews 4:9–10 promises a Sabbath-rest for God’s people — ultimately rest from works-righteousness in Christ, and practically a life that knows how to stop.

Stop. Trust. Worship.

The root issue is idolizing productivity: we trust our hustle more than God’s provision. Symptoms include burnout, skipping worship for sports every week, or “resting” only through numbing scroll. God’s way out is commanded rest that worships, gathers with the church, and says no to the god of busyness. Rest is faith — believing the world keeps spinning when you pause.

Busyness becomes idolatry when you cannot stop.

Teen handles: protect worship assembly, plan one tech-free block, treat sleep as stewardship, say no to one overload commitment. This goes beyond the recreation lesson — here the focus is Sabbath *theology*: stopping as obedience and trust.

EXODUS 20:8-10

“Remember the Sabbath day by keeping it holy. Six days you shall labor... but the seventh day is a sabbath to the Lord your God.”

HEBREWS 4:9-10

“There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works...”

How the session flows

- 1 Never stop culture.** Hook on busyness and Exodus 20:8. ~8 min
- 2 Stop as worship.** Mark 2:27, Hebrews 4, rest vs. laziness. ~12 min
- 3 Play the game.** “Stop and Rest” on screen. ~12–15 min
- 4 Quiet honesty.** Reference card, private reflection. ~5 min
- 5 Worksheet.** In class or take-home reinforcement. ~15 min
- 6 Plan a stop.** One Sabbath habit, prayer of trust. ~8 min

Screen for the game, printed cards and worksheets, pens. Optional: discuss how your local church observes Lord's Day worship.

Leading it, part by part

Never stop culture

Ask: when did you last stop without feeling guilty? Teens absorb hustle from parents, coaches, and feeds. Read Exodus 20:8 — God commands remembrance, not optional burnout. Rest was woven into creation before sin entered the story.

Stop as worship

Teach Mark 2:27 — Sabbath for people, not people for Sabbath. Distinguish holy rest (worship, trust, recovery) from lazy neglect of responsibility (Proverbs addresses sluggards separately). Hebrews 4 — ultimate rest in Christ from trying to earn salvation; practical rest from endless performance. Contrast worldly busyness-as-identity with godly rhythm: work hard six days, stop one, gather with believers.

Address sports-every-Sunday, homework-only “rest,” and scroll-as-numbing. Real Sabbath trusts God enough to stop.

Play the game

Run “Stop and Rest” on screen. Round 1 sorts busyness idolatry from biblical rest. Round 2 drills Exodus 20, Mark 2, and Hebrews 4. Round 3 puts teens in real scenarios — sports, scroll, exhaustion. Round 4 lightning. Twelve to fifteen minutes. Afterward, debrief: “What would you stop if you trusted God for one day?”

Quiet honesty

Hand out the reference card. Nobody collects it. Five minutes, private. Students name exhaustion, FOMO about stopping, or guilt about rest. Honor the silence.

Worksheet

The worksheet is structured learning — fill-in, true/false, lookup, one real-life answer. It reinforces Exodus 20, Mark 2, and Hebrews 4 without duplicating the private card. Use in pairs if energy is high; send home if time is short.

Plan a stop

Invite one concrete Sabbath habit: worship first, phone-off hour, sleep plan. Pray: stop, trust, worship. Christ finished the work we could not — we rest in Him and practice stopping.

Take it further

- What does Exodus 20:8–11 teach about God's rhythm of work and rest?
- What did Jesus mean in Mark 2:27?
- How does Hebrews 4:9–10 connect Sabbath to rest from works?
- What is the difference between holy rest and lazy neglect?
- When does busyness become idolatry in a teen's week?
- How does worship on the Lord's Day fit Sabbath theology?
- What would you stop doing if you trusted God for one day?
- What one habit would help you stop, trust, and worship this week?

A final word

Do not preach laziness, and do not glorify exhaustion. Present the Creator who rested, the Savior who gives soul-rest, and the Spirit who calls exhausted kids to stop. Give them Scripture, the game, the card, and one plan to protect stopping. Somewhere in your room a teenager is ready to quit worshipping busyness and learn trust in a God who keeps the world while they rest. Stop. Trust. Worship.