



## Circle Up

*Use this time to gather together and get everyone talking.*

### ASK

- What's your favorite part about your bedtime routine?  
*Encourage each family member to take turns sharing.*

Today we will find out how *God gives us rest*. The Bible says God's rest is like a softly flowing stream of water. That means God's rest helps us feel peaceful. We are going to add a stream to our grassy field we made last week.

### SAY

### CREATE

*Materials Needed: Bible, glue dots, blue paper and the grassy field we made last week*

Tear the blue paper into smaller pieces and piece together to make a stream over the grassy field.

## Watch

Watch today's teaching video [here](#).

### ASK

Your Elementary Schooler:

- \* Which animals were you surprised to see on the list?
- \* Which animals did you expect to see but didn't?
- \* If you could, would you want to sleep as much as a python? Why or why not?

### ASK

Your Preschooler:

- \* What is your favorite animal?
- \* Do you like your rest time?
- \* If you could sleep as much as a koala, would you?

# Have Fun Together

Use these activities to have fun together while learning about God.

## READ

*Materials Needed: Bible, bulletin board paper, crayons, image of Jesus*

*Read 1 Peter 5:7 together.*

The Bible promises that God gives us rest. When our hearts are sad or afraid, we can talk to God about it. God loves us so much that he sent Jesus to be our friend. Jesus takes care of us when we're sad. *Talk about things that make you sad. Jesus takes care of us when we're afraid, too. Share things that make you afraid.*

*Draw pictures of things that make you sad or afraid. Then take them to Jesus. Once you are done with the pictures, say this together: Jesus promises that he'll always be with us, especially when we're sad or scared. He wants us to share those things with him so he can give our hearts rest. Let's take those things to Jesus. Together, place the pictures with the printed Jesus image. Jesus loves us so much. He wants to help us with hard things. He wants to help our hearts rest. Let's thank Jesus that he gives us rest even when we're sad or afraid.*

## Craft

*Materials Needed: Psalm 23 Book [download here], crayons, stapler, scissors*

*We all need to take a break and rest sometimes. Ask: What do you like to do to take a break and rest?*

Looking at a book is one good way to rest. We are going to make our very own book to look at while we rest. It has words from the Bible to remind us that God gives us rest. When we're feeling busy or worried, we can use our books to remember that God gives us rest.

## PRAY

Dear God, thank you for giving us the rest we need. Please continue to remind us that we can come to you when we're tired and you will refresh us. We love you. In Jesus' name, Amen!