



Jesus is Rest

Matthew 11:25-30

God Statement: Jesus is Awesome

**“God so loved the world that he gave his one and only Son.
Anyone who believes in him will not die but will have eternal life.”**

-John 3:16-17, NIRV-

CHECK-IN

(until 15 minutes after the start of each service)

Purpose: To build relationships with families and help parents feel comfortable leaving their child.

As parents check-in their child at your classroom, try to welcome them by name to help them feel secure in leaving their child in your care. Once you've completed each of the check-in procedures, welcome the child into your classroom and encourage him/her to play with the classroom toys and activities. If you have LITs in your classroom, this is a great time for them to help engage with the kids while you continue checking in the kids.

If a child brings money for offering, allow them to put the money in the class offering bank. Thank them for sharing with others.

If a child is upset or reluctant to enter the room, encourage him or her by offering toys, books or other fun items. If a child is still upset, let the parents know that we will text them if their child continues to be upset. Then, offer to carry the child into the classroom and try to calm the child with toys or other activities.

Use the “Connect” reminder (listed below) to help kids feel comfortable and safe in your class!

CONNECT WITH KIDS

Purpose: Building relationships & prioritizing safety for our youngest children.

Our goal, first and foremost, when serving babies and young toddlers is to prioritize building trusting relationships and the feeling of safety. We build trust with our littlest kids by meeting needs and helping them learn that church is a secure place where they are loved, known and safe.

The 4 Ss are a simple way to keep our hearts and minds focused on this:

When a child feels...(most of the time)

SAFE: physically and emotionally

SEEN: known and understood

SOOTHED: calmed and supported

They can become **SECURE.**

EXPLORE ACTIVITY

(10 minutes)

The Explore Activity is a chance to get the kids thinking about the upcoming Bible story for the day. Encourage your kids to engage with the activity as they prepare for the lesson.

DISCUSS:

In today's lesson, we are going to learn about how Jesus is Rest. Even kids need to rest.

SAY: In today's lesson, we are going to learn about how Jesus is Rest. We rest when we are sleepy. Or if we have been very busy, it is nice to rest. When we are worried or afraid, Jesus is Rest for our minds and hearts.

DO: Rest Time

Supplies: None

Directions:

- Have the kids lie down on the floor. They should pretend to sleep and snore and then wake up.

SAY: It's Rest Time. I think you got up early this morning and ate breakfast. Maybe you had time to play a little. And then you drove to church. You must be tired.

- Let's all lie down and take a quick nap.
- Do you know how to snore? *Give an example of how to snore. Be very dramatic.*
- Encourage snoring.
- OK, time to wake up! Stretch and yawn.
- Ooh, you look very tired. You'd better rest again.
- Repeat until you're TIRED of this game!

SAY: Jesus gives us rest. He IS rest. We can talk to Him when we are tired and worn out.

CLEAN UP

(5 minutes)

Have the children begin cleaning up as you transition into Large Group time. All the toys should be put away by the end of clean up time.

Try singing: “Clean up, clean up, everybody do your share. Clean up, clean up, everybody everywhere.”

LARGE GROUP**(15 minutes)**

After clean up, have your class gather around the story time rug/blanket/squares and Hamilton’s house for Large Group time.

WELCOME & PRAYER

Tell the kids you are so excited to have them joining you this morning and give them a brief explanation of Large Group and the expectations of them during this time. After going over the expectations, pray to open large group time.

Offering – ask: Did anyone bring money for an offering today? This money is used to help other people. You may put your money in the class offering bank.

WORSHIP

Purpose: Engage our youngest children through the power of music!

Use the Little Kids music videos on Plex to sing some simple songs with your class. To access these videos, go to **Plex > Videos > EC > 2s/3s folder**. Choose some songs to sing.

- I can Trust God
- God is With Us

READ THE BIBLE STORY

Purpose: Engage our youngest children in a meaningful way by teaching God’s word!

This week, read about a Bible story from Matthew 11:25-30.

Read the Bible story below. Try to engage the child(ren) as you share the story by showing pictures and repeating key words and phrases. It’s ok if you don’t read every word of the story! Kids have very short attention spans (1 minute for each year of age) so try to keep your interactions short and don’t

get discouraged if a child loses focus!

THIS WEEK'S LESSON: Jesus Gives Thanks

(Summarized from Matthew 11:25-30)

BIBLE STORY:

Bring Hamilton (the hedgehog puppet) out and allow the kids to interact with him before you begin the story (they can feel his soft fur, give him high fives, give him a hug, etc.). Use Hamilton to help keep the kids engaged while you share the story (he can do the hand motions, ask the kids questions, etc.).

Invite Hamilton to come out and see the class. Hamilton is holding a heavy backpack.

SAY: Hi Hamilton, what do you have there? ***Hamilton shows us.*** Whoa, that's a heavy backpack! What a load to carry! ***Hamilton nods.*** In our true Bible story today, Jesus talks about how God helps us with the heavy things we carry, and not just in a backpack! Let's listen. ***Hamilton nods.***

Share the story of Jesus giving thanks using the story cards in your folder.

SAY:

- One day, Jesus was teaching people and He decided to pray to God, His Father.
- Jesus thanked God for all He had given to Him.
 - Let's do that, too. God has given us a family, friends, food, and a beautiful place to live! Those are just a few of the things He's given us. Say, "Thank you, God for all you've given to me!"
- Jesus also taught the people that He gives them rest.
 - Can you take a deep breath in? Then, slowly let it out. Do you feel calm? That's rest!
- If we do our best to follow what Jesus asks us to do, we will feel rest.
- Jesus helps us feel that way.
- He helps us feel rest.
- Jesus can help us carry heavy loads, like Hamilton's backpack, and give us rest instead!
- A heavy load is anything that is hard for us to do; it isn't just a heavy bag or backpack.
 - What are some things that are hard for kids? ***Let kids respond.*** Yes, moving to a new house, leaving their grown up, even sharing can be hard. Those are all heavy loads for kids.
- Jesus can help our heavy loads feel lighter.
- Jesus can give us rest.
- Jesus is Rest!

SAY IT OUT LOUD! (30 seconds)

This is the opportunity to remind the children of the God Statement for the day. Even if they struggle to pay attention during the lesson, this part is important to do every week.

SAY: Today our God statement is Jesus is Rest. We are going to say our God statement in fun ways to help us remember it.

- Have the kids say it in a fun voice.
- Have them say it in a whisper.
- Have them say it in a loud voice.
- Motions: Jesus (each middle finger touched to center of each palm) is rest (sleeping hands).

WORSHIP RESPONSE (2 minutes)

Worship Response is an opportunity for the kids to apply what they just learned and to respond to what God is doing in their life. Have the kids sit in a place where they can be still and reflect independently. Then read through the Worship Response prompts below as you lead the kids through the time.

SAY: In our Bible story today, we learned that Jesus can carry our heavy loads and give us rest.

What is rest for kids? **(wait for responses)**

Is sitting and talking to God rest? Yes!

Is being with your family and doing something fun rest? Yes!

Is playing with your favorite toy rest? Yes!

There are lots of ways Jesus can give us rest.

Jesus is Rest!

BLESSING (1 minute)

Read the verse and blessing over the kids before closing Large Group. Encourage the kids to stand and open their hands to receive the blessing as a truth that they can take with them this week and hide in their hearts.

SAY: Friends, may you always remember that Jesus is rest. When things are busy or you are worried, Jesus will take care of you.

RESPOND ACTIVITY

(5 minutes)

If you have extra time at the end of your lesson and small group time, the kids can participate in this activity.

ACTIVITY: A Heavy Load

Supplies: tote bag, heavy toys and items from classroom that would make a heavy load

Directions:

- Load the tote bag with the heavy items.
- Be sure it is difficult for the kids to carry.
- Let the kids take turns carrying the heavy load.
- When it is too heavy, offer to help them.
- Do it together or leader takes the load to carry around the room.

SAY: Wow, that is a heavy load. Is that easy or hard to carry?

Sometimes, we have hard things to carry in our lives and in our hearts. When you are worried about going to school or the babysitter, or when your puppy is sick. What else is something hard for you? Just like the teacher helped you carry your heavy load, Jesus helps you carry the hard things. We can pray, and He will help us.

PLAY!

Purpose: Engage our youngest children by playing games and having fun!

While your class can participate in free play for most of the remaining classroom time, please try to lead at least one structured activity with your class. This is a great opportunity to introduce kids to classroom games and encourage interaction and participation with others.

Suggestions of activities:

- Hide an object and let kids find it
- Name and count parts of the body
- Discuss colors & numbers
- Turn on music and play freeze dance
- Have kids follow simple instructions (hop, sit down, clap, etc.)
- Read a board book
- Build a tower and let kids knock it down
- Play with a ball

CHECK-OUT

(end of service)

As parents arrive for check-out, the kids can continue participating in free play. Follow the check-out procedures for your classroom, making sure to send all of the child's belongings (diaper bag, bottle/sippy cup, pacifier, blanket, etc.) with the parent.

Give the parent encouragement about how the child did in your class and say "Bye (child's name)!"