

Hi; Have you rested lately? That may seem a silly question as we don't often think of actually planning for a rest time. Sometimes we are so busy it doesn't even enter our thoughts and other times we are not busy at all and wish we had more to do, which creates anxiety. Today, I call it my down day. A day when I put off things that need to be done until I have given myself some 'me' time. That is exactly what Jesus is telling His disciples and you and me in this lesson.

Just before the Loaves and Fishes miracle, He encouraged the disciples to rest. They had no foreknowledge of such a busy time coming up in their lives. Feeding 5000 is no easy task. And then right after this event, Jesus told them to go to a place where they could all rest quietly.

I'm sure they all could have worked 24/7 sharing the Good News but this would not be possible without rest times. "Take care of yourself" Jesus was saying. Be faithful, be busy, be quiet and believe.

I hope you enjoy today's lesson and the crafts that are attached.

I pray for blessings and some peace and quiet time for you each and every day.

Merilee

Theme; We all need rest and relaxation after our busy days.

Scripture; Mark 6:30-44, 53-56

Kid's Talk Object; Vacation photos

How many of you have taken a vacation? (Invite the children to share where they went and what they did. As children share, point out aspects of rest in each child's story.) I've been on vacation too. I brought some pictures that I took while I was on vacation. (Briefly describe where you went and something you did to relax.)

"Come with me to a quiet place so that you can get some rest," Jesus said to the disciples. (Have kids pretend to sleep.) So the Bible tells us that they got in a boat. (Have kids pretend to row a boat.) And they went away with Jesus to a quiet place. We all need to get away sometimes. Even Jesus said that we sometimes need to take some time off to get caught up on our rest.

After they rested, they became very busy again. The Bible tells about a time the disciples went to Jesus and told Him how busy they had been teaching and ministering to the needs of people. "There have been so many people coming and going that we didn't even have time to stop and eat," they told Jesus. There is nowhere around here to get food for us let alone all the people. There must be 5000 people here!! One little boy offered his lunch to share. Five little loafs of bread and two small fish. His mother had packed it for him.

Jesus smiled at the boy and thanked him and said it was enough. Really? Enough? The disciples didn't believe that that small lunch would feed 5000 people. But Jesus can take you small offering and make miracles happen! Jesus blessed the food and told the disciples to hand them out to the people. The 5000 ate 'til their hearts were content! And what do you think happened then? The disciples collected all the uneaten bread and fish and amazingly..... filled 12 baskets of left overs!!

After the crowd had eaten, they went away filled with wonder at what Jesus had said and done. Then the disciples rested again. Yes, we all need a time to get away, even Jesus and His friends needed to rest!

Dear God, thank You for taking our small offerings and making miracles happen. Help us to share what we have with others in need. And in the busy-ness of our days, thank you for those times when we rest in your love. In Jesus' name, amen.

Getting Away Group Group Activities

Interactive Group Activities
by Carol Williams & Charles Kirkpatrick

Sermon Title: ["Getting Away from It All"](#)

Scripture Reading: Mark 6:30-34

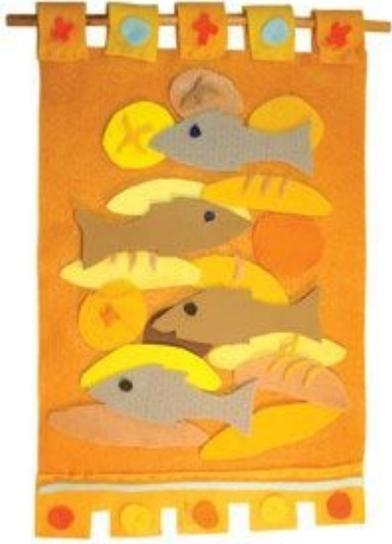
WORK, Helping others Find three ways to help someone and bring a smile to their face. Examples; hold a door open for someone, clear the dinner table without being asked, help a sibling with their homework etc.

SCHOOL, Learning about God's love Tell children to gather around in a circle for a quiet place and rest, as you tell a different bible story each day.

PLAY, enjoy the yourself and be happy; Examples- do exercises, cadences, running, obstacle courses, dress up, hats, squirt guns, etc.

REST: Take time for yourself Each child can be given a small lunch bag to use as their RESTING puppet... drawing facial features with eyes CLOSED.. and write parts of today's Bible verse on the front and back of their bag puppet.. use their puppets to tell today's story or to ask a question about how to be Quiet and restful when they need to get away.

STAINED GLASS PRAYING HANDS: Children can trace their hands or cut out a tracing that the teacher has given to them for the look of praying hands. Children can cut out a form of a glass window and glue their praying hands onto the window shape. Then let children glue very small pieces of tissue paper to the "stained glass window" shape around the hands.



BEE QUIET: Give children yellow and black construction paper, chenille wire, etc to cut out a bumble bee and glue or tape onto construction paper. Write BEE QUIET and get REST AND RELAXATION...Mark 6:30-32