



July 18, 2021

Hello Trinity Episcopal Church Sunday School Families,

"Rest in Jesus" is the title of this week's lesson, from Mark 6:30-34, 53-56. This lesson reminds us that we all need rest and relaxation. Our memory verse for this week is: "Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, 'Come with me by yourselves to a quiet place and get some rest.' " Mark 6:31.

<https://sermons4kids.com/> is the homepage and where you will find the sermon lesson to read to your children. For this lesson, you will need some vacation photos.

To the right of the lesson are links to print a coloring page, word search, a crossword puzzle and more. Feel free to use any of these supplemental activities for your child's individual level. Additionally, below the lesson is an instructional video for creating a bible memory activity.

This week's group activities can also be found in that list of resources besides the sermon reading. Feel free to use and modify any of these activities to suit your family. At the bottom of this email, there is a themed snack idea provided by Sermons4Kids. There you will also find the Discussion Questions and Suggested Prayer Starters from Sermons4Kids.

**Sample prayer for this week:**

*Dear God, thank You for work, for play, and for school. We also thank You for those times when we can get away from it all and get some rest. In Jesus' name, amen.*

We pray for the peace and health of you all! We have been so excited to see many families returning to church and Sunday School these past few months and look forward to seeing you again this week!

God bless you,

Leigh Yergler  
Sunday School Superintendent  
Trinity Episcopal Church Sunday School

### **Elementary Discussion:**

This week, kids learned in Mark 6:31 about how important it is to take time to rest. The Bible tells about a time when the disciples went to Jesus and told Him they had been so busy teaching and ministering to the needs of people that they hadn't even been able to stop and eat. "Come with me by yourselves to a quiet place so that you can get some rest," Jesus said to the disciples. So the Bible tells us that they got in a boat, and they went away with Jesus to a quiet place. Kids learned that we all need time to get away in order to care for ourselves and give our best to others. Bible Memory Verse: "Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, 'Come with me by yourselves to a quiet place and get some rest.'" Mark 6:31.

### **Monday**

Review Mark 6:31 today.

What did you learn about rest?

Thank God for giving us time away for rest and relaxation.

### **Tuesday**

Review Mark 6:31 today.

Rest doesn't always mean sleep. What are some other ways you can rest like Jesus did this week?

Ask God to help you remember to practice these restful activities.

### **Wednesday**

Review Mark 6:31 today.

How can rest prepare you for something you may have to work hard at?

Thank God for giving us rest so that we can refuel and work hard.

### **Thursday**

Review Mark 6:31 today.

Explain whether it's easy or hard for you to take time to rest.

Ask God to help you rest well this week.

### **Friday**

Review Mark 6:31 today.

Why do you think Jesus wants us to rest?

Thank God for giving us rest so we can give our best to others.

## Boat Snacks

You'll Need (use parental discretion with small items):

- Paper plates - one per child
- Napkins - one per child
- Apple slices - two per child
- Cheese
- Toothpicks - two per child

Follow these steps to make the snacks:

- Cut the cheese into two triangles.
- Give each child a paper plate, a napkin, two apple slices, two toothpicks, and two pieces of cheese.
- Instruct kids to thread their toothpick through the cheese to make a sail.
- Put the toothpick in an apple slice to make a boat.
- Enjoy.

Discuss:

- SAY: *In today's lesson, Jesus got the disciples to go with Him and get some rest away from the crowds. It's so important for us to get away and rest, too.*
- ASK: *Rest doesn't always mean sleep. Tell about a new way you can take time to rest. What makes it hard for you to rest sometimes?*