

## SPARKS

**MAIN POINT:** For each child to hear about Sabbath and know that it's linked to rest.

**10:50am Free Play:** *Some time to play before beginning the main session.*

**11:15 Tidy Up Time:** *In order to keep their attention during the crafts and story be sure to tidy away everything so that there are no distractions in the room.*

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### **11:20 Story + Snack:**

**Ask the children what they do when they are tired?**

**Hopefully they will say sleep!!**

**Then ask what happens if you don't sleep?**

**Help them think about it but responses are: we get grumpy and miserable + we struggle to think properly and forget stuff!**

**Resting is soooo important that even God tells us to do it and even God rested after he made the whole world!**

### **READ CREATION STORY in 'The Beginner's Bible for Toddlers'**

Read pages 7-13. Then at the end emphasise that God took some time to rest after working hard on creating EVERYTHING!

Tell the children that there are however lots of different ways to rest. It isn't just all about sleeping.

Tell them we can rest by having a nap or having quiet time by reading or playing quietly. By playing with puzzles or by reading or watching tv or even walking.

Look at the list of things on the sheet for the craft and tell them that you can do anything to rest but it's about being kind and taking time to enjoy what you're doing.

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### **11:30 Craft:**

**R FOR REST CRAFT - LETTER R** print out and the children can stick on pictures of things that you can do when you rest. As they stick things down, remind the children of all the ways that we can rest.

*Remind the children that in order for us to work hard and play well we need to take time to slow down and rest.*

**COLOURING SHEETS - Sabbath Colouring Sheet**

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### **11:40 Pray together:**

Encourage the children to pray for their parents/carer. Remind them that their parents don't always get good rest.

Get the children to repeat each line of this prayer:

**Dear God**

**Thank you for the grown ups that look after us.**

**Thank you that they care for us**

**Help us to be good at loving them back**

**Help us to give them time to rest**

**In Jesus name we pray, Amen**

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**11:50 Songs:** Use the iPad to worship God. Feel free to pick whichever songs you'd prefer by searching on YouTube. Some examples: Our God is a great big God/Alive by Hillsong/My Lighthouse by Rend Collective.

**If ahead of time then free play or play games together like duck duck goose or musical statues using CD player. 12pm Children given their crafts and taken down stairs to the meeting point ready to be picked up.**

## **FLAMES + BLAZE**

**MAIN POINT:** For each child to hear Hebrews 4 and hear about Sabbath and know that it's linked to rest.

**ADDITIONAL LEARNING:** For each child to learn that rest isn't just about sleeping and that there are other ways to rest and it's kind to think about others allowing them to rest too.

**10:50am Play a collective game once all children have arrived.**

**Something like duck duck goose, bean game, simon says, number ladders, what's the time Mr.Wolf, ZipZapBoing!**

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### **11:00 GROUP TIME**

**Sit as a group and ask:** *How are you doing?*

*Ask them how their weeks have been and name one good thing that's happened.*

*This week we are looking REST. Ask the children what rest is and see what they come up with.*

*Most of them will talk about sleep and naps when it comes to rest. Then ask them how much they think they know about sleep.*

**Take the quiz on sleep!**

*Get the children to stand up and sit down for true and false.*

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### **11:15 BIBLE + Snack**

**Tell the children that we are looking at Rest today as in the next part of Hebrews the writer tells us how important rest is. But not the sleep kind of rest but God's rest.**

*But God's rest is not about being tired or when you want to chill out after school or doing daily work or when physically you're exhausted when you have worked hard. God's rest is special. It is profound peace that God gives to those who love and obey Him regardless of circumstances!*

*God wants us to be happy and not to worry about life. He wants us to have his peace so that we can be good at resting so that we can be good at working.*

*READ Hebrews 4v1-3*

*"Now God has left us that promise that we may enter and have his rest. Let us be very careful, then, so that none of you will fail to get that rest. The Good News was preached to us just as it was to them. But the teaching they heard did not help them. They heard it but did not accept it with faith. We who have believed are able to enter and have God's rest."*

*God wants us to have his rest. He wants us to be happy and enjoy life.*

*God wants resting for us to be fun, he wants us to have peace and feel good so*

*that we can work hard and enjoy life to the max. This means resting isn't just sleeping! Then ask them what their favourite thing is to do to chill out or to do on their own? Then ask them what their favourite hobby is. Who likes to make things and do crafts? Who likes to go to the park? Who likes to read books? What's your favourite book? What makes you happy?*

Then ask the children what makes them feel rested? In other words what energises them and makes them ready to do work or do good things? Get out the green books and get them all to write or draw what their favourite thing is to rest and chill out and what makes them happy.

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#### **11:40 PEACE PAPER LANTERN CRAFT**

- 1. Using the precut greaseproof/baking paper provided draw on your own design. Get the children to draw something that will inspire peace and help them remember God's rest.*
  - 2. Once coloured in and decorated, tape the sides together to create a cylinder.*
  - 3. You can add card to the edges to make it look more like a traditional lantern and then place the tealight underneath.*
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#### **11:55 PRAY**

***Ask the children if there is anything they want to pray for and then say this prayer together.***

*Ask if any of them want to pray for peace and good rest.*

*Then pray for their parents and any grown ups who looks after them who probably need better rest right now.*

***Say a collective prayer for anyone they name.***

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***If you have time left over play another game together.***