

HOPE KIDS SERVICE COMPANION

APRIL 18, 2021

THIS PACKAGE INCLUDES:

- Custom sermon note pages for kids to enjoy during the service
- Colouring / Activity pages
- Devotionals with discussion guide and activities designed to create conversation around this week's Big Idea
- Memory verse cards



**BRAND
NEW**

FAMILY DEVOTIONAL



A Brand New Day

Have a look at the statements below and circle the ones that you need to practice in order to get better at:

Shooting goals in hockey

Playing the piano

Knitting mittens

Learning a new language

Resting with your eyes closed

Baking cookies

Laying on your bed thinking about life

Running a 5k race

Spending time reading a book

Laughing with friends

Smiling

Did you circle all of these things? Maybe you left a few out like ... "laying on your bed thinking about life" or "spending a time reading a book", right? Do you really need to practice these things? Aren't those just 'time wasters', things that happen in between the big and important parts of our lives? Definitely NOT!

All of life is an opportunity to learn and grow. Sometimes though, unless you are doing something productive like baking cookies or knitting mittens, you may feel like you are just wasting of time. That's because our world tells us to go, go, go non-stop all day long. Our bodies and souls were not meant to be busy all day long while we are awake. God actually created us to rest, to ponder, to enjoy the good things in life without running quickly from one place to this place to that activity to another event and then collapse in bed, totally exhausted at the end of the day. Doesn't sound like a very great life, does it?? We live in a society hard-wired to produce stuff and to better ourselves, but there's often nothing to "show" for a day of rest or time spent hanging out with God.

In the Ten Commandments, God actually told us to rest. He built and populated our world but when it was all good and He was all finished, He rested and enjoyed all of His hard work. God wants His followers to also take time out to slow down, rest, and do some things that bring us joy. This day of rest is called Sabbath – that's an old Hebrew word that means 'taking time to rest'. God asked the ancient Israelites to take a whole day to rest but for us today, maybe a whole day is hard for us and our families.

What about an evening or an afternoon each week? Sabbath rest can look different. Maybe for you it's a hike in the woods to see God's beautiful world, for someone else it's a fun bike ride with friends. Maybe for your Grandma it's a lazy afternoon playing board games or for your dad it's reading a good book in his favourite comfy chair. It can look like ordering pizza on Sunday night or sitting around a candlelit table telling stories and singing songs. **What God asks of us on the Sabbath isn't perfection, but progress** . . . intentional slow times where you remember who God is and enjoy the world He made and the family He gave you.

FAMILY

DEVOTIONAL CONTINUED



Here's a way to help you with your Sabbath practice . . . to help you REST!

R: Reflect – ask what are you learning at school/church; about God/life/relationships/Scripture

E: Experience God's Goodness – enjoy creation, art, music, food, family, friends

S: Spend Time Together – put away phones to talk and play with your family and friends

T: Talk to God – pray, read God's Word, sing, journal

Resting isn't the most natural thing in the world, and like practicing anything from sports to cooking to playing an instrument, it requires us to plan for it to make it happen. Practicing rest might be weird to you but it is really the only way to make it part of your life. It will be hard, messy, and may even awkward at times but it will be worth it because God will meet you in your times of rest. He loves spending time with YOU!

my
name:

HOPE KIDS

Sermon Notes

for the week of
April 18, 2021

rest

sabbath

day

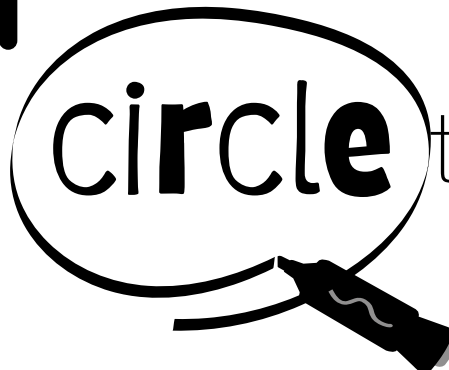
Jesus

faith

gift

need

circle



the words you hear in the service ^

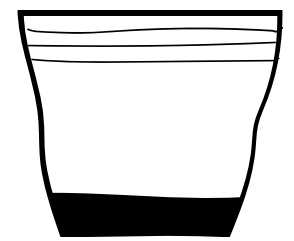
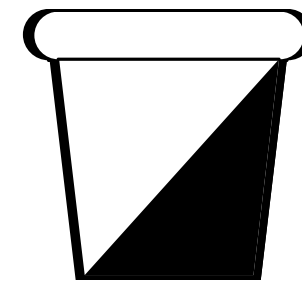
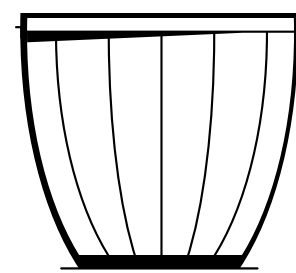
Today I am **thankful** for:

Fill this space with
as many things as
you can think of!

Thank you , God!

Draw something
you thought about
during today's service

Draw some silly spring
plants growing here!



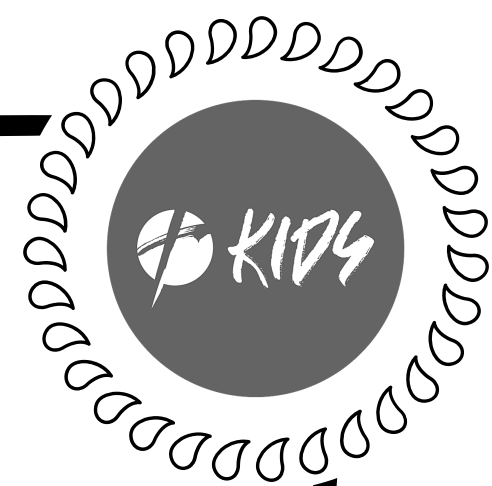
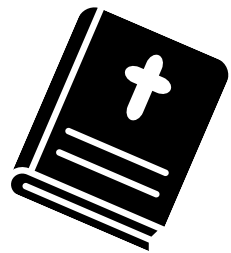
Who is
speaking
today?

We're in series called:

**BRAND
NEW**

Fill in the **blanks**

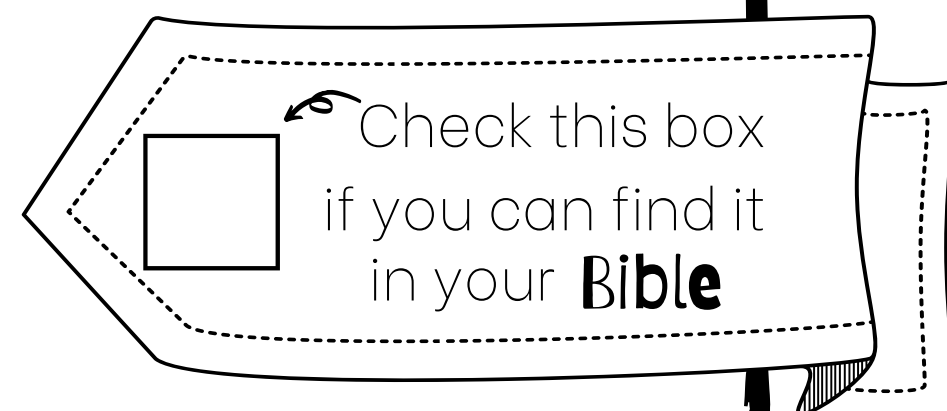
to complete the
memory verse!



_____, if anyone is in Christ, the
new _____ has come: The _____ as
gone, the new is _____!

2 Corinthians 5:17

NIV

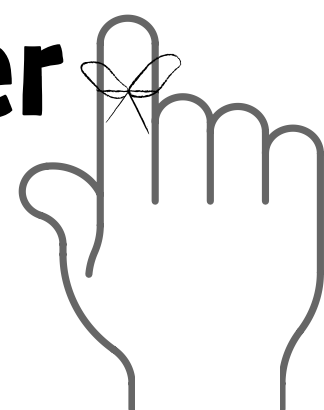


Question of the week:


What is something
you like to make?

Write or draw your answer.

Something I want to **remember**
from today's service:



Today I am
listening **with**:

My favourite
song 
we sang
today:

Use this space to
pray.

Dear God,

Amen

Where

are you listening
from today?



You can draw, write... talk to God however you want to!



"Consider the lilies of the field."