



Resource Pack

Children's ministry resources & activities for groups & families exploring this week's theme.

stbartskids.org



WEEK 3

Jesus & Rest

Habits & Practices of Jesus / Luke 4:13-19 & 23:55-24:1-6

OVERVIEW

GATHER

READ

CHAT

DO

PRAY



*the habits and
practices of Jesus*

Jesus & Rest

Luke 4:13-19 & 23:55-24:1-6



HOW TO USE THIS RESOURCE

This resource has been written and produced by St Bart's Kids and we're delighted to be able to share this curriculum with you. We pray that it would be an amazing tool to aid teaching and learning occurring either at home or within your children's ministry setting.

This package is part of a series based on **The Habits and Practices of Jesus**. The items within this package all pertain to **one session**.

The tabs on this document will help guide the main sections that should be incorporated within a session. Within each section you will find modifications for different age/learning levels - look for the tags Early Childhood, Lower Primary, Middle Primary, and Upper Primary.

All of the items within
If you have any questions or would like to know more about St Bart's Kids resources, please contact hello@stbartskids.org

TIMING

Welcome and play	15 mins
Teaching Time (includes morning tea for Early Childhood)	15mins
Game (Kindy - Year 6 only)	10mins
Small Groups/Activities	20mins
Worship	10mins
Check-out	

MATERIALS

- A selection of Bible stories
- Soft Toys
- Baby Dolls
- Doll Blankets
- Printout of Worksheet #1
- Colouring Pencils / Crayons
- Clipboards if needed
- Printout Worksheet #2
- Blue-Tack
- Scissors
- Music
- Twister Mat and spinner
- Printout of Worksheet #3
- Scissors
- Blue-Tack
- Blank Paper
- Clipboards
- Pencils or Pens
- Timer

ADDITIONAL INFO

This resource is the third in a three week series based on The Habits and Practices of Jesus.

SESSION OUTLINE

SERIES

BIBLE FOCUS

TOPIC

Habits & Practices of Jesus Luke 4:13-19 & 23:55-24:1-6 Jesus & Rest

WEEK

3

OVERVIEW

THIS WEEK'S FOCUS

Jesus modelled the importance of having rest. Regular rhythms of rest are where we can also refresh, be alone with God, and fellowship with others.

SERIES OVERVIEW

The Habits and Practices of Jesus

Jesus' life was profoundly shaped by regular habits and practices that shaped his spiritual and missional life. He regularly retreated in prayer, seemed to always be sharing meals with others, and rested as was his custom. These habits were not without their controversy as he prayed with unrivalled authority, feasted whilst others fasted, shared table-fellowship with all the wrong people, and brought wholeness and healing on the Sabbath. Yet, these practices not only instruct us (as we seek to order in our lives in light of our Saviour) but also point to the way that our future is fulfilled in Christ. Over three weeks we'll explore these key habits and practices of Jesus that are on repeat throughout the Gospel of Luke.

MULTIMEDIA

1. [SBK Kids Talk](#)

ADDITIONAL RESOURCES

Here are some resources we recommend for helping teach the Gospel to kids.

1. [Jesus and Prayer | God's Story](#)
2. [God's Story: Sermon on the Mount: Lord's Prayer](#)

SONGS

EARLY CHILDHOOD

1. [Peace Like A River](#)
2. [Big family of God](#)
3. [Way Maker](#)

SONGS

PRIMARY

1. [Peace Like A River](#)
2. [Big family of God](#)
3. [Way Maker](#)

GATHER

READ

CHAT

DO

PRAY



SERIES

Habits & Practices of Jesus

BIBLE FOCUS

Luke 4:13-19 & 23:55-24:1-6

TOPIC

Jesus & Rest

TEACHING TIME

Jesus & Rest

When you hear the word “rest” how does it make you feel? Is it an “annoying” word in that you can’t keep going and have fun, “I don’t need rest.” A younger sibling may want to go all day like the energiser bunny but if you are a little bit older you see the value of a rest..

Rest is an important theme of the Bible. God rested after he had created the whole world.

And rest was one of Jesus’ habits. If Jesus thought it important then we must also look into this. Why rest? Rest is much more than the absence of activity.

Jesus sees rest as an opportunity to be with God. In the Bible rest is associated with the Sabbath. This rest is like a reset or a weekly reorient back to God. Today’s passage says “on the Sabbath day Jesus went into the synagogue, as was his custom.” It was a regular rhythm for Jesus.

Us coming along together (corporately) each Sunday is an example of this. We’re not coming together just because we know each other BUT to recall what God has done for us – the saving work of Jesus!

When God spoke to the Israelites through Moses the concept of rest was introduced. It is much more than getting zzz-eds. Jesus did not merely rest from labour, or in our case rest from learning or work, He used it as an opportunity to draw closer to and focus on God. It says in the Bible that Jesus often went out to lonely places to rest and to pray. If Jesus needed to rest, then how much more do we?

The Son of God needed to rest. Our culture defines people by their work and achievements, and wears exhaustion as a badge of honour. It is refreshing to hear the words of Jesus, “Come to me all who are weary and I will give you rest.”

How can you enjoy a Sabbath rest this week?

APPLICATION QUESTIONS

1. Early Childhood

When do you enjoy resting?

2. Lower Primary

Why do you think Jesus rested?

3. Middle Primary

Why do you think it’s important to rest with God (Sabbath Rest)?

4. Upper Primary

Are there ways you can develop habits of resting with God (Sabbath Rest)?

FOCUS

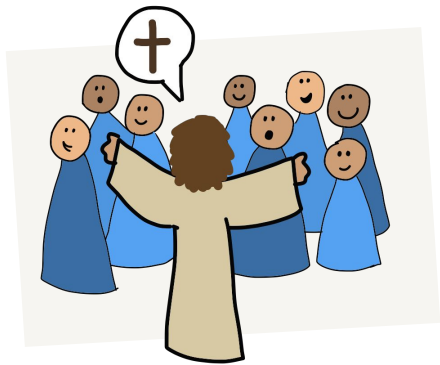
Jesus modelled the importance of having rest. Regular rhythms of rest are where we can also refresh, be alone with God, and fellowship with others.

WARM-UPS

- How do you know it’s time for a rest?
- Does your family ever find time to rest together?

Early Childhood

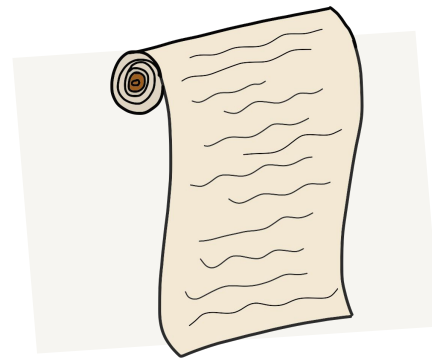
Jesus & Rest



Jesus came to Galilee. Everyone talked about Him, and He taught in the meeting places.

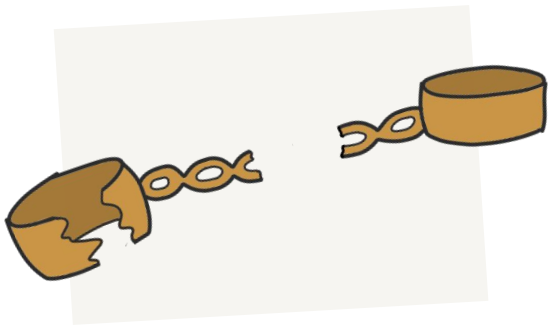


Jesus went to Nazareth, where He grew up. On the Sabbath day he stood up in front of the church to read.



They handed Him the scroll of Isaiah, and Jesus unrolled it.

Early Childhood



Jesus read, “God wants me to tell the good news to poor people. He has sent me to tell people that they can be free.

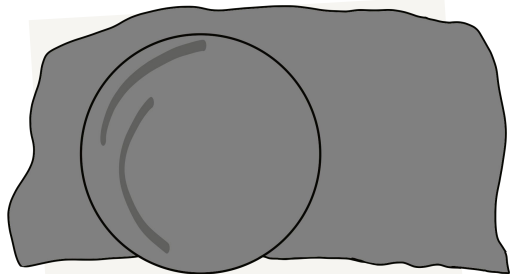


He has sent me so that the blind will see again. He wants me to bring peace to those who are treated badly.



And he has sent me to announce that God is about to do something great!”

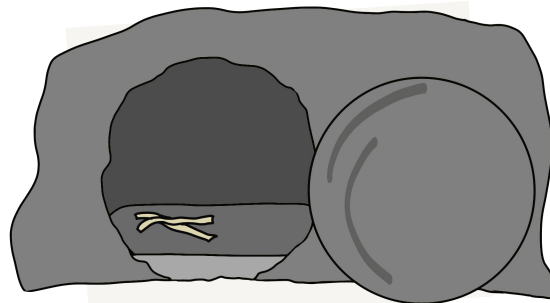
Early Childhood



After Jesus had died, Jesus' body was placed in a tomb. Some women prepared spices but they rested on the Sabbath.

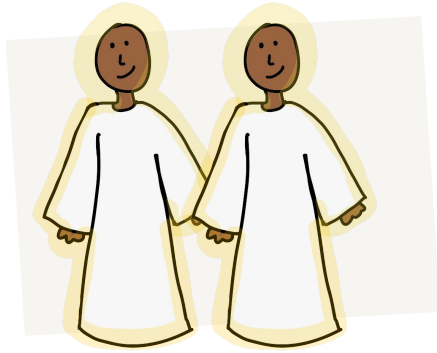


Early on Monday morning these women took spices to Jesus' tomb.



But they found the stone had been rolled away. Jesus' body was not inside.

Early Childhood



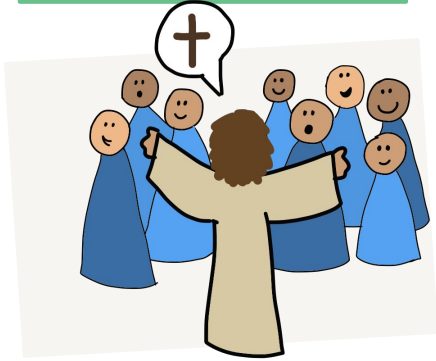
Some men in bright shining clothes appeared. The women were really scared and bowed down.



The men said, "Jesus is not here! He has risen! Remember Jesus said that he would die on the cross and rise from the dead."

Lower Primary

Jesus & Rest

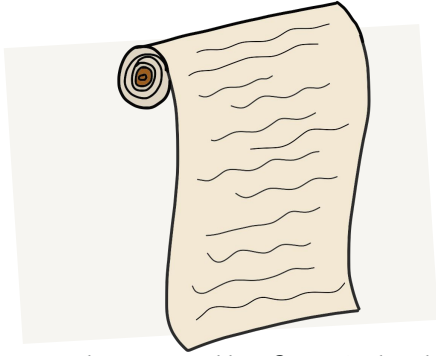


Ch4 Vs14-15 Jesus came to Galilee and was teaching in the meeting places, and everyone said good things about him.

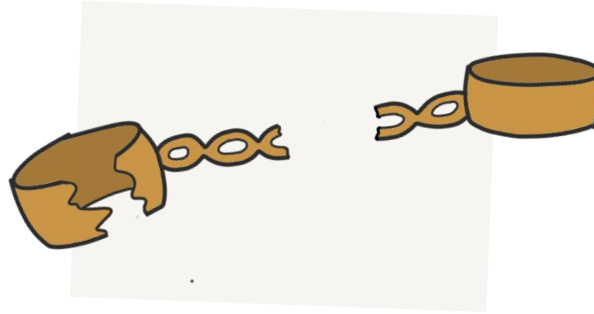


16 He went to Nazareth, where he had grown up. On the Sabbath day he stood up in front of the church to read, as was his custom.

Lower Primary

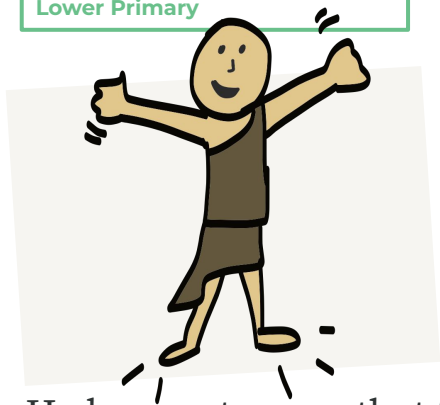


17 The scroll of Isaiah the prophet was handed to him. He unrolled it and read the following passage,



18 “God wants me to tell the good news to poor people. He has sent me to tell people that they can be free.

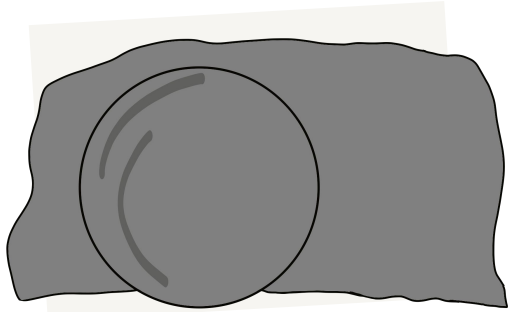
Lower Primary



He has sent me so that the blind will see again. He wants me to bring relief to those who are treated badly.

19 And he has sent me to announce that God is about to do something great!”

Lower Primary



Ch23 Vs55 After Jesus had died, Joseph took his body to the tomb. Jesus' mother, Mary Magdalene, and Joanna followed.

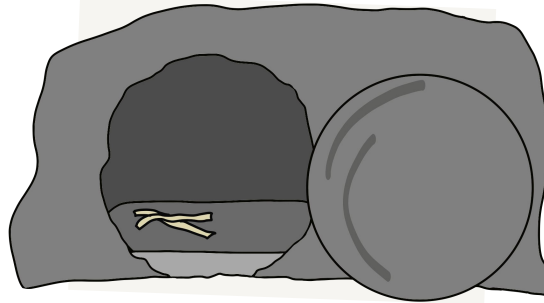


56 Then the women went home and prepared spices and perfumes for his burial. But they rested on the Sabbath day to obey the law.

Lower Primary



Ch24 Vs1 Early on the Monday morning, the women took the spices and went to the tomb.

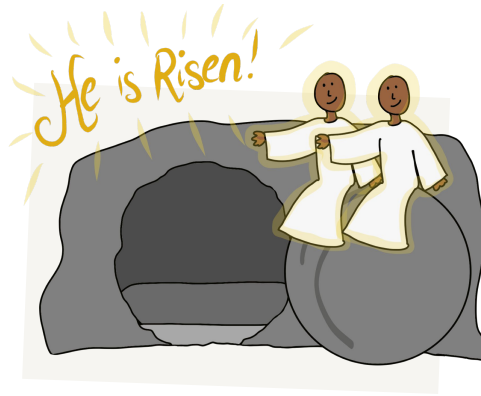


2-3 But they found the stone rolled away and when they entered the tomb, they did not find Jesus' body.

Lower Primary



4-5 While they were wondering where Jesus' body was, two men in bright clothes suddenly appeared before them. The women were terrified and bowed down to the ground.



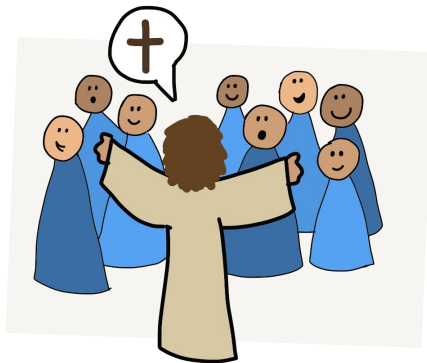
5-6 Then the men said to them, "Why do you look for the living among the dead? Jesus is not here! He has risen! Remember how he told you he would rise."

Middle Primary

Jesus & Rest



Ch4 Vs14 Jesus came to Galilee. News about him had spread through the whole countryside.

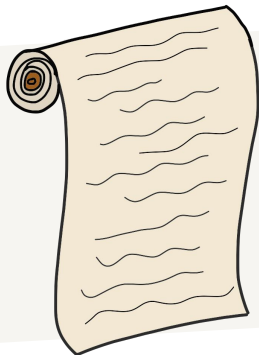


15 He was teaching in their meeting places, and everyone said good things about him.

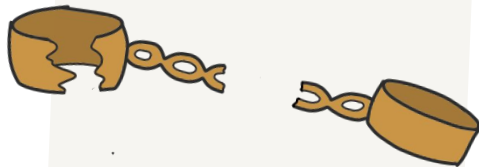


16 He went to Nazareth, where he had grown up. On the Sabbath day he went to the meeting place as he usually did and stood up to read.

Middle Primary



17 The scroll of Isaiah the prophet was handed to him. Jesus unrolled it and read the following passage,



18 “God’s Spirit is on me. He has chosen me to tell the good news to poor people. He has sent me to set the prisoners free.

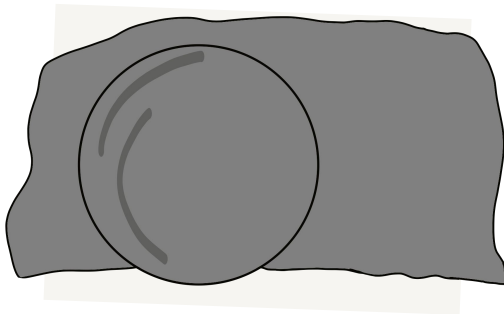


He has sent me so that the blind will see again. He wants me to bring relief to those who are treated badly.

Middle Primary



19 And he has sent me to announce that God is about to do something awesome!”



Ch23 Vs55 After Jesus had died on the cross, Joseph took his body to a tomb to be buried. Jesus’ mother, Mary Magdalene, and Joanna followed Joseph and saw where Jesus was buried.

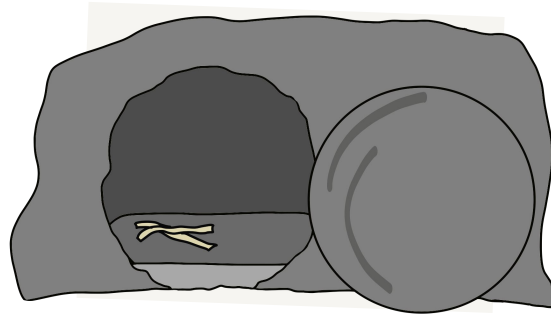


56 Then they went home and prepared spices and perfumes. But they rested on the Sabbath day in order to obey the Law.

Middle Primary



Ch24 Vs1 Very early on the Monday morning, the women took the spices they had prepared and went to the tomb.



2-3 They found the stone rolled away from the entrance to the tomb. When they entered the tomb, they did not find the body of the Lord Jesus.



4 They were wondering about this. Suddenly two men in clothes as bright as lightning stood beside them.

Middle Primary



5 The women were terrified. They bowed down with their faces to the ground. Then the men said to them, “Why do you look for the living among the dead?”



6 Jesus is not here! He has risen! Remember how he told you he would rise. It was while he was still with you in Galilee.”

FOCUS

Jesus modelled the importance of having rest. Regular rhythms of rest are where we can also refresh, be alone with God, and fellowship with others.

Early Childhood

PRAYER

Dear God,
 THANK YOU for giving us rest.
 THANK YOU that Jesus showed us how to slow down and spend time with you.
 PLEASE HELP US to trust you and be refreshed by you each day.
 Amen.

DISCUSSION QUESTIONS

View SBK ebook [Luke 4:13-19 & Luke 23:55-24:1-6](#)

- 1. Did God design our bodies to be on the go 24/7?**
No. We need to have a rest every now and again
- 2. Did Jesus rest?**
Yes. It was often on his own to get away from the crowds, and to pray.
- 3. What did Jesus do on the Sabbath? (choose one)**
A. Had a rest at home
B. Visited a synagogue/church
C. Went to a friend's house and healed someone
- 4. Why did the women rest just before they visited Jesus' tomb?**
It was because it was the Sabbath, and God wanted them to rest and remember him.

- 5. What can Sabbath rest look like for us?**
Going to St Bart's Kids. Spending time in prayer.

Bonus question

- 6. Can you think of a time when God rested?**
(Hint: very early in the Bible)
It says in Genesis that God rested on the 7th day after He had created everything

He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom.
 Luke 4:16

DISCUSSION QUESTIONS

FOCUS

Jesus modelled the importance of having rest. Regular rhythms of rest are where we can also refresh, be alone with God, and fellowship with others.

Lower Primary

PRAYER

Gracious Father,

Thank you for the gift of rest. In a busy world, help us to follow Jesus' example by making time to worship you, be refreshed by you, and enjoy fellowship with other believers. Thank you that true rest is found in Jesus, who died and rose again for us. Amen.

Read Luke 4:13-19 & Luke 23:55-24:1-6 from SBK Lower Primary Scripture

1. **Did God design our bodies to be on the go all the time, 24/7?**

No. We need to have a rest every now and again

2. **Did Jesus rest?**

Yes. Often on his own to get away from the crowds, and to pray.

3. **Where did Jesus go to on the Sabbath?**

He visited a synagogue (church).

4. **How often do you think he did this?**

Each week. The Bible said he visited a synagogue "as was his custom" which means very regularly.

5. **Was it a surprise that Jesus rested? Here's a clue from Exodus 20 "In 6 days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the 7th day. So he blessed the Sabbath day and made it holy"**

No. As God's Son Jesus knew it was important to follow God's lead and rest. He wants to model to his followers that this is a great habit to develop in life.

Culture might say be on the go all the time. But God who knows us best knows we need to rest in him.

6. **Why did the women rest just before they visited Jesus' tomb?**

It was because it was the Sabbath, and God wanted them to rest and remember him.

7. **What can Sabbath rest look like for us?**

Meeting and encouraging people here at St Bart's Kids. Spending time reading the Bible and in prayer.

8. **What are the benefits in having a Sabbath together?**

We can learn about God in community and remind each other of God's goodness. Have fellowship with others.

He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom.
Luke 4:16

FOCUS

Jesus modelled the importance of having rest. Regular rhythms of rest are where we can also refresh, be alone with God, and fellowship with others.

Middle Primary

PRAYER

Gracious Father,

Thank you for the gift of rest. In a busy world, help us to follow Jesus' example by making time to worship you, be refreshed by you, and enjoy fellowship with other believers. Thank you that true rest is found in Jesus, who died and rose again for us. Amen.

DISCUSSION QUESTIONS

Read Luke 4:13-19 & Luke 23:55-24:1-6 SBK Middle Primary Scripture

- 1. What did Jesus do on the Sabbath? (Hint 4:14-16)**
v 16 "on the Sabbath day he went into the synagogue, as was his custom." Also, in v31-33a Jesus taught on the Sabbath at the synagogue in Capernaum.
- 2. Was this a once-off or regular event?**
"As was his custom" means it was a repeating activity. If Jesus does it as a habit then so should we.
- 3. Why is it important that resting is a regular rhythm? (Hint Exodus 20 "Remember the Sabbath day by keeping it holy... For in 6 days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the 7th day. So he blessed the Sabbath day and made it holy")**
God decreed that it was important in the 10 Commandments. After 6 days God rested after he had made all of creation. You are to rest on the seventh day and remember the Lord.
- 4. How did God say that the Sabbath is to be observed?**
By not doing any work or study. God has given this day as a day of resting in Him and re-charging. He didn't design us to be on the go all the time. It is also a time to focus on God and his teachings.
- 5. Read Luke 23:55-24:6. What did the women do on the Sabbath? Why?**
Even though Jesus had just died they rested on the Sabbath. They did this because they obeyed the commandment. The day after they went with the spices to the tomb.
- 6. How could we celebrate/observe the Sabbath?**
There is a real corporate nature in observing the Sabbath. We have fellowship with others and gather together to learn and be reminded of what God has done for us. Hebrews 10:25 says "do not give up meeting together, as some are in the habit of doing, but let us encourage one another."
- 7. Do you think it is harder or easier to have a Sabbath rest these days?**
Probably depends on your priorities. Do you prioritise meeting with God's people. In the past, Sunday was a day of rest, but there's no retail days off anymore, and Sundays are likely to have as many events on as Saturdays.
- 8. How can you rest in God this week?**

He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. Luke 4:16

FOCUS

Jesus modelled the importance of having rest. Regular rhythms of rest are where we can also refresh, be alone with God, and fellowship with others.

Upper Primary

PRAYER

Gracious Father,
Thank you for the gift of rest. In a busy world, help us to follow Jesus' example by making time to worship you, be refreshed by you, and enjoy fellowship with other believers. Thank you that true rest is found in Jesus, who died and rose again for us. Amen.

DISCUSSION QUESTIONS

Read Luke 4:13-19 & Luke 23:55-24:1-6 from the NIRV Bible

- 1. What did Jesus do on the Sabbath? (hint 4:14-16, 31-33) Was this a once-off or regular event?**
“on the Sabbath day he went into the synagogue, as was his custom.” Also, in v31-33a Jesus taught on the Sabbath at the synagogue in Capernaum. “As was his custom” means it was a repeating activity. If Jesus does it as a habit then so should we.
- 2. Why is it important that resting is a regular rhythm? Read Exodus 20:8-11**
God decreed that it was important in the 10 Commandments. After 6 days God rested after he had made all of creation. You are to rest on the seventh day and remember the Lord.
- 3. How did God say that the Sabbath is to be observed?**
By not doing any work or study. God has given this day as a day of resting in Him and re-charging. He didn't design us to be on the go all the time. It is also a time to focus on God and his teachings.
- 4. Read Luke 23:55-24:6. What did the women do on the Sabbath? Why?**
Even though Jesus had just died they rested on the Sabbath. They did this because they obeyed the commandment. The day after they went with the spices to the tomb.
- 5. Is having a rest on the Sabbath passive or active?**
While it might seem passive like listening and learning there is definitely an active element. Coming to God in prayer in a quiet moment in your day is an action.
- 6. How could we celebrate/observe the Sabbath?**
There is a real corporate nature in observing the Sabbath. We have fellowship with others and gather together to learn and be reminded of what God has done for us. Hebrews 10:25 says “do not give up meeting together, as some are in the habit of doing, but let us encourage one another.” We can also spend time with God alone - just as Jesus did.
- 7. How is having a rest on the Sabbath an act of resistance?**
Society says ‘go go go’ and defines people by their utility. The Bible says that rest was important enough for Jesus and it provides us a space to come to God in worship. When we rest we're recovering and acknowledging our Creator.
- 8. How can you rest in God this week?**

He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom.
Luke 4:16

FOCUS

Jesus modelled the importance of having rest. Regular rhythms of rest are where we can also refresh, be alone with God, and fellowship with others.

EARLY CHILDHOOD

Dear God,

THANK YOU for giving us rest.

THANK YOU that Jesus showed us how to slow down and spend time with you.

PLEASE HELP US to trust you and be refreshed by you each day.

Amen.

SUNDAY SCHOOL

Gracious Father,

Thank you for the gift of rest. In a busy world, help us to follow Jesus' example by making time to worship you, be refreshed by you, and enjoy fellowship with other believers. Thank you that true rest is found in Jesus, who died and rose again for us. Amen.

TIPS

Take a quiet moment this week to spend time with God.

Early Childhood

Dear God,

THANK YOU for giving us rest.

THANK YOU that Jesus showed us how to slow down and spend time with you.

PLEASE HELP US to trust you and be refreshed by you each day.

Amen.

Sunday School

Gracious Father,

Thank you for the gift of rest. In a busy world, help us to follow Jesus' example by making time to worship you, be refreshed by you, and enjoy fellowship with other believers. Thank you that true rest is found in Jesus, who died and rose again for us. Amen.

FOCUS

Jesus modelled the importance of having rest. Regular rhythms of rest are where we can also refresh, be alone with God, and fellowship with others.

In this section, you'll find activities for Early Childhood and Primary School aged kids. There's a range of crafts, activities and games suitable for both individuals and groups.

EARLY CHILDHOOD

- Reading Corner
- Soft Toys & Baby Dolls
- Colouring
- Find the Habits
- Nature Walk (Kindy)

SUNDAY SCHOOL

- Nature Walk (Prep)
- Sleeping Tigers (Prep)
- Twister Words (1-2)
- Time with God (3-4)
- Minute of Silence (5-6)

GAMES

- Freeze (Kindy)
- Heads Down, Thumbs Up (Prep-Yr 6)

Reading Corner

YOU'LL NEED...

- A selection of Bible stories

STEPS

1. Gather the children around for story time.
2. Read through the stories with the children.
3. Allow the children to also peruse some of the books themselves and look at the pictures.



Link

Reading the Bible is one way we can rest and spend time with God.

Soft Toys & Baby Dolls

YOU'LL NEED...

- Soft Toys
- Baby Dolls
- Doll Blankets

STEPS

1. Place the soft toys, baby dolls and blankets around the room.
2. Show the children how to wrap the babies and soft toys in the blankets and put them to sleep.
3. Encourage the children to play with the babies and soft toys.



Link

God gives us times of rest to refresh our bodies and remind us to trust him.

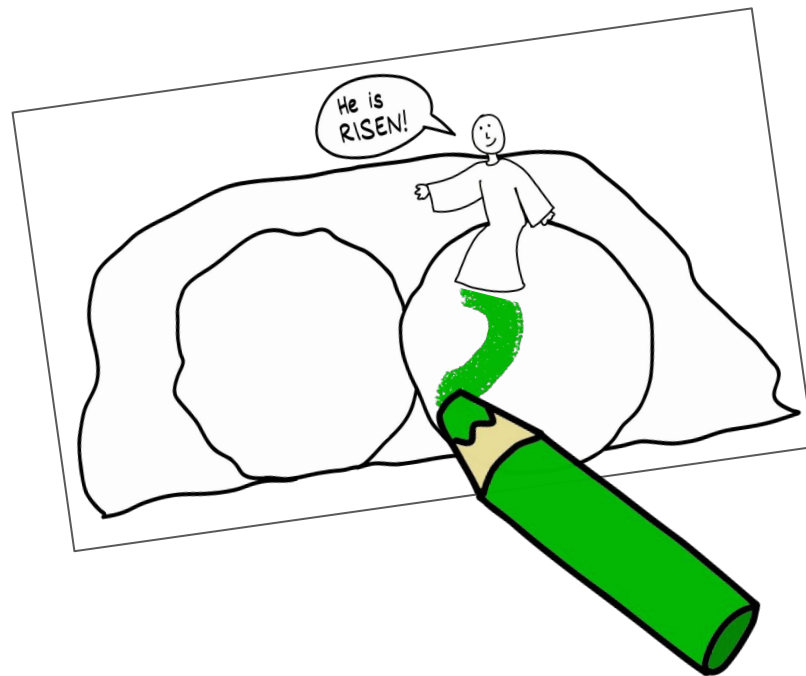
Colouring

YOU'LL NEED...

- Printout of Worksheet #1
- Colouring Pencils / Crayons
- Clipboards if needed

STEPS

1. Handout the colouring page and pencils / crayons.
2. Encourage the children to colour in the picture.



Link

On the third day Jesus rose again! Because Jesus is alive, we can find true rest and hope in him.

He is
RISEN!



Find the Habits

YOU'LL NEED...

- Printout Worksheet #2
- Blue-Tack
- Scissors

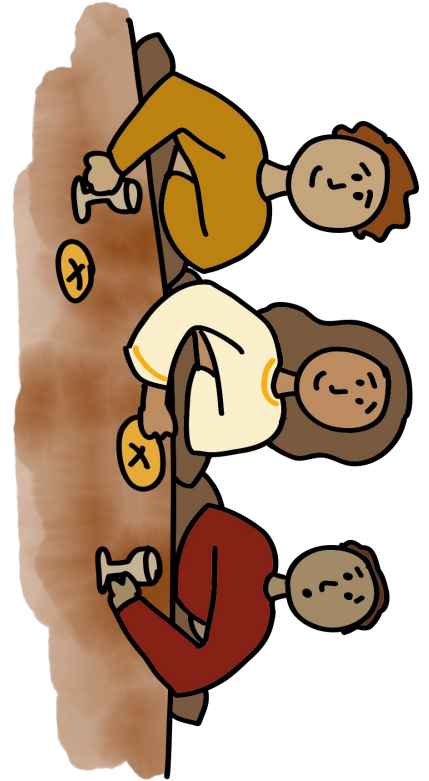
STEPS

1. Cut out the pictures.
2. Hide the pictures around the room and outside for kindy.
3. Get the children to try and find all the pictures.



Link

Jesus showed us how to live. He regularly prayed, shared meals with others, and took time to rest. As we follow Jesus, we can make these habits part of our lives too.



Nature Walk

YOU'LL NEED...

- N/A

STEPS

1. Take the children for a walk around the gardens and prayer garden.
2. Talk about how taking time to slow down and enjoy God's creation helps us remember how amazing God is.



Link

Taking time to slow down and enjoy God's creation helps us remember how amazing God is. Rest gives us opportunities to notice God's goodness and spend time with him.

Sleeping Tigers

YOU'LL NEED...

- N/A

STEPS

1. Choose 1 or 2 children to be the hunters (they are 'up' for this round of the game).
2. Get all of the children to lie down on the floor in sleeping positions (except for the hunters).
3. Once settled, the children are not allowed to move. They must freeze and pretend to be asleep.
4. The hunters walk through the room and try to make the sleeping tigers move by making them laugh, telling them jokes, and so on. But, the hunters are not allowed to touch or try and move the tigers.
5. Once any tiger moves (even via laughing, opening their eyes, smiling) they are tapped and get up and join the hunters.
6. The last sleeping tiger wins!



Link

Sometimes it's hard to stop and be still, but God knows we need rest. Jesus made time to pause, and we can too.

STEPS

1. Set up the Twister mat and spinner.
2. Cut out the individual words from Worksheet #3 and blue-tack each onto a different twister dot, at random.
3. Play the game as per normal, however the winner is the person to have at least 4 different words selected with different parts of their body.

YOU'LL NEED...

- Twister Mat and spinner
- Printout of Worksheet #3
- Scissors
- Blue-Tack



Link

Jesus showed us how to live. He regularly prayed, shared meals with others, and took time to rest. As we follow Jesus, we can make these habits part of our lives too.

Jesus

Jesus

Jesus

Jesus

Jesus

Jesus

Prayer

Prayer

Prayer

Prayer

Prayer

Prayer

Meals

Meals

Meals

Meals

Meals

Meals

Rest

Rest

Rest

Rest

Rest

Rest

Time with God

YOU'LL NEED...

- Blank Paper
- Clipboards
- Pencils or Pens

STEPS

1. Hand out pieces of paper and allow the children to spend some quiet time with God.
2. Encourage the children to draw or write a prayer or letter to God.



Link

One of the best ways to rest is by spending time with God. We can tell him what's on our hearts, thank him, and remember that he is always with us.

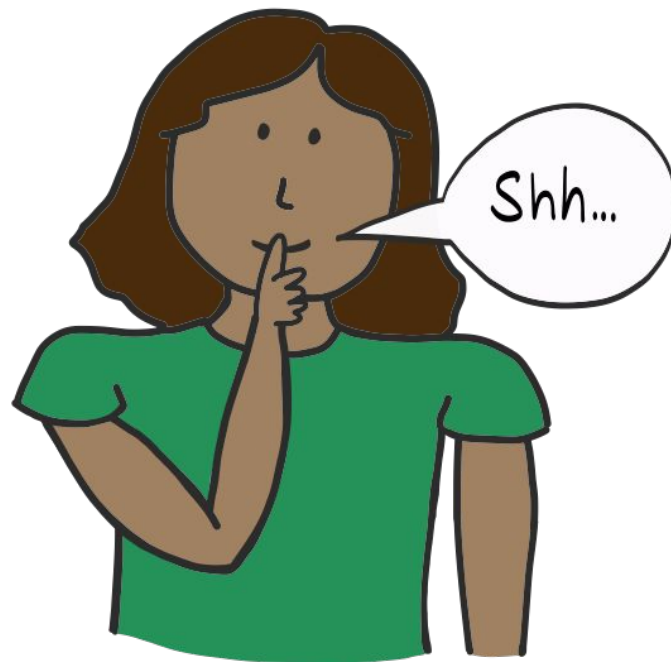
Minute of Silence

YOU'LL NEED...

- Timer

STEPS

1. Challenge everyone to sit completely still for one minute.
2. Afterwards ask:
 - *Was that easy or hard?
 - *Why can it be difficult to slow down?
 - *How can quiet and rest help us feel refreshed?
3. Get the kids to spend some quiet time with God praying either by themselves or in pairs.
4. If there's time do another challenge but for longer this time.



Link

Being still isn't always easy, but quiet moments help us slow down, listen to God, and remember that our true rest is found in him.

GAME: Freeze

YOU'LL NEED...

- Music

STEPS

1. Play the music - when the music is playing, the children dance and move around.
2. When the music stops, they must freeze.
3. If they move, they are 'out'.
4. Continue until you have one child left who is the winner.



Link

Sometimes it's hard to stop and be still, but God knows we need rest. Jesus made time to pause, and we can too.

GAME: Heads Down, Thumbs Up

YOU'LL NEED...

- N/A

STEPS

1. Choose some people out of the group to be 'in'. You can decide how many based on how many are playing the game.
2. The leader says, "Heads down, thumbs up". Everyone who is not 'in' needs to put their heads down, close their eyes and stick their thumbs up. They are to stay like this until they are told they can move.
3. The players that were chosen to be 'in' now sneak silently around the room and choose which person's thumb they will touch. They may only touch one person.
4. If a player's thumb is touched they must quickly put both their thumbs down. This shows that they cannot be picked by someone else.
5. Once each 'in' child has chosen and touched one person's thumb they are to stand out the front of the group.
6. Next the leader yells out, "Heads up, Stand up if you were touched". Those children that had their thumb touched then stand.
7. Each child who is standing is then asked to guess who touched them. Each child can make between 1-3 guesses of which 'in' player they believed touched them. (Decide how many guesses each child may have before the game starts).
8. Any players that guessed correctly then get to be 'in' for the next round.
9. Remember, no peeking! Enjoy!



Link

Sometimes it's hard to stop and be still, but God knows we need rest. Jesus made time to pause, and we can too.