

Lessons to use with the booklet, *Rest! Relax! Live in the Moment!*

Put the agenda on the board or on a piece of paper to attach to the board.

1. Prayer
2. Answer questions on board
3. Lesson
4. Q. and A. time
5. Reinforcement game
6. Ending prayer

Lesson #1

1. Prayer
2. Answer the three questions on the board, only one of which they won't know the answer. (2-3-minutes)
 - A. What are some of the PSDs?
 - B. Who paid the price for our salvation?
 - C. What does the word "Sabbath" mean?
3. Lesson (depending on attention span, 20-40 minutes)
 - A. Pass out the booklet. Do pg. 1, including the scripture.
 - B. Do vocabulary page up to and including "condition".
 - C. Learn meaning of *sabbath*, page 2 of booklet. Look up scriptures: Ex. 20:8-11, Col 2:16.
 - D. Page 3, "Rest that goes beyond understanding". Look up and discuss scriptures on Jesus' trials and sorrows. Tell kids part of the story of Daniel and Noah's children.
 - E. Page 4, We all search for and desire inner happiness.
 - F. Page 4, God has put that desire in our souls and nothing will fill that desire and give us rest except God's word.
4. Q.&A.
5. Reinforcement game, bingo. Use vocabulary words.
6. Prayer

Lesson #2 *Rest! Relax! Live in the Moment!*

Follow steps from lesson #1.

1. Prayer
2. Discuss questions on board
3. Lesson
 - A. Finish vocabulary sheet. We left off with "condition".
 - B. Discuss first five "Points to Remember".
 - C. Teach pages 5-8. (Points to Remember, 6-11) On page 8, go over God's essence. You can use the booklet, *Our God Is an Awesome God*. You can also use *A Very Special Grace*.
4. Q & A
5. Reinforcement activity.
6. Prayer

Notes for yourself:

Lesson 3:

1. Prayer
2. Discuss questions on board
3. Lesson:
 - A. Discuss "Points to Remember": 6-11, or 1-11
 - B. Teach pages 9-11. Points to remember, last two. Go over promises. Find more promises in the Bible. Can use the booklet, *God Always Keeps His Promises*. Use website: allaboardgodstrain.org This can be used as a reinforcement activity.
 - C. Give kids the booklet and go over the discussion questions.
4. Q & A
5. Reinforcement activity: Do "Word Find" using word from the vocabulary sheet
6. Prayer

Notes for yourself: