

# Kidmax at Home

**Big Idea:** God rested from his work to enjoy creation.

**God Story:** God rests | Genesis 2:1-3

**Supplies needed:** jar or cup, craft sticks, markers, label or masking tape, stickers and ribbon if desired

**Conversation Starters:** Use these questions to get your kids thinking about the Big Idea. Get ideas flowing by sharing some of your own ideas too!

- We've been talking about things God has created for us to enjoy. What part of this past week did you enjoy most?

**Video:** watch this week's video at [www.themeetinghouse.com/kidmax](http://www.themeetinghouse.com/kidmax)

**Pray & Discuss:** After the video take time to talk about it together.

- What was the life story about in today's video? What was the God story about?
- How do you think these two stories connect?
- **Pray:** God is a part of the conversation with us! You can model for your kids that they can pray to God anytime. You don't need specific words or length but it's great to tell God what you're thinking and ask for him to speak to you and remind you he is near.
- Ask if your kids have any prayer requests, and pray together. It can be as simple as each person saying "God, thank you for \_\_\_\_\_. Please be with \_\_\_\_\_. Amen."

## Family Activity:

Supplies: jar or cup, craft sticks, markers, label or masking tape, stickers or ribbon if desired

- Explain that God wants us to take time out of our busy schedules of school and work and other activities to rest and enjoy his creation. This can be difficult – for kids and adults alike!
- Give everyone a craft stick and a marker. Brainstorm ways you can rest and focus on God and his creation, either as individuals or as a family (ex: hiking, picnicking, playing music, going to the park, etc.)
- Write ideas on the craft sticks.
- Place a label or a piece of masking tape on your jar/cup. Write "Family Rest Ideas" on it.
- Place your craft sticks in the cup, and place it somewhere in your home. Decorate with stickers or ribbon if you like. When your family needs a time of rest, choose an idea and do it!

# Additional Activities

## Prayer Crumple

Supplies: paper and pens/markers, hand sanitizer

- Have everyone write a brief prayer to God. It could be a prayer of thanks or worship or it could be a request. Don't write your name on your prayer.
- Crumple your prayer into a ball and throw it around the group space. Throw around the balls a few times so they're nice and shuffled.
- Have everyone pick up a "prayer ball" and open it.
- On the count of 3, have everyone read the prayers out loud to God at the same time.
- Reshuffle and play again if you want.
- Point out how amazing it is that God hears all our prayers at the same time! He answers each of them with his perfect timing. God always makes the absolute best choices for us.
- To conclude, throw out the papers, or perhaps have everyone take one home so they can pray that prayer for someone. Ensure everyone uses hand sanitizer at the end.

## Restful Ideas

Supplies: paper and markers or crayons

- Remind everyone of this weeks Big Idea: **God rested from his work to enjoy creation.**
- **Ask:** how do you get some rest when you're feeling tired or rundown?
- Discuss ways you could enjoy God's creation as you recharge.
- Invite everyone to draw their ideas on their paper. Then we can share our ideas with one another.
- **Ask:** how do these activities help you rest?
- **God rested from his work to enjoy creation.** What do you think this means? Why would God need to take a rest?

## Prayer Hands

Supplies: prayer hand activity page (1 per person), markers

- Instruct everyone to write praises and prayer requests on the fingers on the page.
- Read aloud each sentence and help everyone fill in the blanks:
  - God you are...
  - I love you very much!
  - Thank you for...
  - Please help me...
  - You are amazing and you have given me so many great gifts! In Jesus' name, amen.
- Show how we can use the prayer hand as a guide for praying.
- Invite families to practice praying together, using their activity page as a guide.