



Small Group Leader Guide

REST CLINT NEEDS A NAP

Small Group Welcome

1. **Introduce** yourself and **welcome** new kids by name.
2. Kids **share** what happened during past the week.
3. **Check up** on the past week's prayer requests and events.
4. **Talk about** the welcome question: *What time do you think kids should go to bed?*

Small Group Activity

You'll Need

- Stopwatch (1 per group)

To Do

Say: I'll give you a challenge, and you have to do it for one minute straight, without a break. It's harder than it sounds!

1. **Pick** a challenge from the **Challenge List** below.
2. **Time** kids for 60 seconds on the stopwatch while they **do** the challenge.

Ask: Do you need to rest, yet?

3. If kids say no, **do** the next challenge **immediately**.
4. If kids say yes, **rest** for 30 seconds before moving on.
5. **Continue** challenges until all of your kids want a rest.

Say: Stop and REST! Put your hand on your chest and feel your heart slow down. Close your eyes, relax your face and mind, and quietly pray, "Thank You, Jesus for helping me to rest."

6. Kids **sit** or **lay down** to **rest** and **pray** for 1 minute.
7. **If time allows**, kids **invent** challenges and **do** them.

While Kids Work

Ask: What would happen if you kept doing challenges and never took time to rest your body, mind, and heart?

Ask: What would you tell Clint to do to help him rest?

Vintage Konnect Trivia: What sound does Nitro make when he's on his charging station to rest and recharge? *He beeps.*

Challenge List

- Do Push-ups
- Run super fast in place
- Hold your arms out like a T and make small circles
- Hold your body super still in a push-up position
- Sit in an invisible chair
- Jump up super high
- Do jumping jacks
- Do fast sit-ups
- March in place, bringing your knees all the way up to your chest with each step

Please do not cover questions on back until small group discussion time.

Small Group Discussion

Say the Point and Verse out loud together:

I'll do my best to enjoy God's rest!

Hebrews 4:11 NLT

So let us do our best to enter that rest. ...

1. **What kind of rest do you think the Bible verse is talking about?** *Answers will vary.*

Choose a few review questions:

1. **Think about the Bible story. God doesn't need to sleep like we do, but He still chose to rest after He created the whole world. Why do you think He did that?** *To be an example for us and show how important rest is*
2. **How does resting help you?** *It keeps your body and mind healthy, and helps your spirit heart spend good time with God, become better friends with Him, and get stronger to do the things He made you to do.*
3. **How does it hurt you when you don't rest?** *Your body gets tired, you might get sick, your mind gets distracted, and your heart gets too weak to listen to God and grow closer to Him.*
4. **Sleeping, relaxing, and being still are good ways to rest our bodies and our minds. What are some good ways to rest our hearts?** *Reading or listening to the Bible, praying, listening for God's voice, singing a calm song to God, etc.*

Choose an action step question:

1. **Pick one thing you can stop doing this week, and rest instead. Chores and homework don't count!** *Answers will vary.*
2. **What is one thing you will do every day this week to get more rest for your spirit heart?** *Read the Bible, sit quietly with God, listen for His voice, listen to music about God, pray quietly, etc.*

Pray together:

1. **Ask** kids to share things they would like you to pray about.
2. **Write** down their prayer requests.
3. **Pray** together over all the prayer requests. **Give** kids a chance to lead the prayer if they want to.

Not sure what to pray? Pray this: God, Thank You for showing us in the Bible how important it is to rest. Please help us know when we need to rest, and how to rest. In Jesus' name, amen!

Stay in your Small Group until kids are checked out.

Check Out

1. **Continue talking**, and let kids **finish** activities.
2. When someone comes to check out a kid from your small group, **share** something positive and specific about the kid. **Use** the kid's name.
3. **Encourage** families to complete the Challenge Card together.