

Jasmine didn't know what was wrong! She was feeling just awful! Her feet were hurting, so she took off her shoes - but she still felt



bad! Then, she thought that maybe she was hungry.

She asked her mom for a snack - but she still felt

bad! Then, she tried to play with her toys. Maybe she was bored! But she STILL felt bad!

Jasmine was so upset! Her mom could see that something was wrong. "Maybe you need to

take a nap!" She said. Jasmine did NOT want to take a nap. "I'm not tired!" Jasmine's mom was super gentle.

"Sometimes, we don't think we need to rest, but even God tells us to rest in the Bible! He can help us feel all better.

Do you want to try resting in God?" Jasmine agreed, so they prayed together. "Dear God, please help

our minds and bodies feel better." Jasmine

listened to her mom and went to take a nap.

When she woke up, she felt so much better!

Jasmine prayed again and thanked God for helping her to rest. She knew that she could always go to God

whenever she didn't feel good!



READ AND ANSWER THE QUESTIONS

1. How was Jasmine feeling?
2. Did she think that a snack would make her feel better?
3. Did a snack fix the problem?
4. What fixed the problem?
5. What can you do when you are tired?
6. Who can we pray to when we need to rest?



Open your Bible
and read
Genesis 2:2.
Even God rests!

TAKE-HOME PAPER EARLY CHILDHOOD

PART 3

GOD'S NOT DONE
HE'S JUST BEGUN

ELIJAH
1 KINGS 19

GOD HELPS
ME REST!



Dear Parents, This is the last week of the God's Not Done series where we are looking at different ways that God helps keep our minds healthy! Today, we are learning that **God Helps Me Rest!**

You can help your child continue to grow by using the activities in this Take-Home Paper at your own pace. It's fun, easy, and you will grow together! When your child completes it, sign the front and have them return it to class the following week for a prize.

"...DON'T BE
TROUBLED OR
AFRAID."

JOHN 14:27 B

PARENT'S SIGNATURE

1

READ ELIJAH FLEES TO SINAI

A Lesson From 1 Kings 19

The Bible tells of a man named Elijah who was having a hard time and needed rest. Elijah was a man who was serving God. He was obeying God in every way. But the people around him were not serving God - they had broken their promise to serve God.



This made Elijah upset.

Well, the people were mad at Elijah, and they were trying to find him because they wanted to hurt him. Elijah was running away from all of them. He had been running a lot and was getting really tired. But Elijah was doing the wrong thing. He wasn't praying to God for help. God can give us rest! Elijah needed help from the Lord!



2

Then God said, "Go out and stand before me on the mountain... And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind."



3



And after the earthquake there was a fire, but the Lord was not in the fire."

4

"And after the fire there was the sound of a gentle whisper."

It was God! When Elijah stopped and listened, he heard God and God could help him!



5

God wants YOU to go to Him for help, not run away! When things get SUPER crazy, it feels very loud! But God is gentle. His voice is like a calm whisper. And He helps YOU to feel calm and rested.



6

GOD HELPS ME REST!

COLOR THE BUBBLE AND SAY THE MEMORY VERSE

6



GREEN



BLUE



RED



YELLOW

Memory Verse

"...don't be troubled or afraid."

John 14:27 B





TRACE THE ONE THING

GOOD

HELPS ME



REST



READ, COLOR AND CIRCLE ELIJAH

Sometimes I get so very tired
I know I need some rest!
I hear God whisper in my ear
His calm voice is the best!



**GOD HELPS
ME REST!**

3

SOME THINGS ARE RESTFUL AND SOME ARE NOT

4

Circle the restful activities and ✕ out the activities that are not restful.



Listening to Soft Music



Running



Playing Ball



Reading



Clsing Your Eyes



Swimming

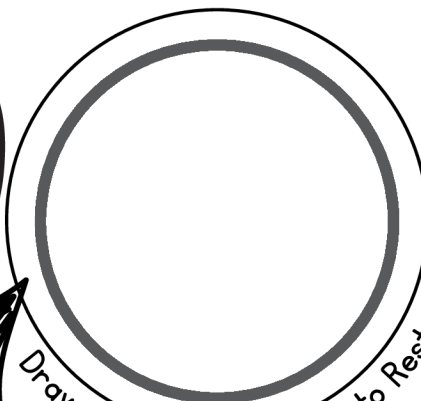


Sleeping



**GOD HELPS
ME REST!**

It's good to be active,
but your mind and
body also need rest.
What is your favorite
way to rest?



Draw Your Favorite Way to Rest



Water Break

