



CRAFT

Time to Rest

[20 min]

Supplies

- “Psalm 23 Book” handout (1 per child) (download [here](#))
- crayons
- stapler

Easy Prep

- Make a sample craft to show kids.
- Cut apart the handouts.



Talk About Rest

Say: **We all need to take a break and rest sometimes.**

Share *your* favorite way to take a break and rest. It may be taking a walk, reading a book, or watching a movie.

Ask: • **What do *you* like to do to take a break and rest?** Kids may say they like to look at books, watch TV, or work a puzzle.

Make a Restful Book

Say: **Looking at a book is one good way to rest. Let's make a special book to look at while we rest. It has words from the Bible to remind us that God gives us rest.**

- Give each child a set of “Psalm 23 Book” pages. Encourage kids to color the pages.
- As kids color, read the book to them.
- Ask adult and teen helpers to staple the pages of each child's book together as you read.

Say: **When we're feeling busy or worried, we can use our books to remember that God gives us rest.**