



Good morning parents!

We hope you had a great week! Last week we started a new series on Psalm 23 and kids are learning that Jesus is our Shepherd. With Miss Anne kids learned that God guides us, and this week Miss Jennifer will remind them that God gives us rest.

From the beginning of creation God has emphasized the importance of rest. We know that even during COVID rest might be hard to prioritize as parents. As I was reminded in a devotional I read recently, it is in rest that we can be refueled and “our souls are restored, replenished and filled.”

As you go throughout your week may you keep Matthew 11:28-30 in mind.

“Come to Me, all of you who work and have heavy loads. I will give you rest. Follow My teachings and learn from Me. I am gentle and do not have pride. You will have rest for your souls. For My way of carrying a load is easy and My load is not heavy.” (NLV)

We pray that God will help you to accomplish all that is before you and that He would lead you into moments of rest where you can connect with Him and feel restored. May you work with his perspective and in his strength throughout this week.

We find it a great joy to serve your family and to walk alongside you. We are here if you are in need of prayer or support. Or if you know of another family in need of support please let us know how we can be of help. Don't hesitate to reach out!

Kids Branch

Kelly (kelly@tob.ca) and Anne (anne@tob.ca)

Sign up for our onsite camp!

July 12 – 16th and July 19th – 23rd (Camp onsite – full day)

Registration closes this Friday, June 18th

For more details and to reserve your spot please head to our website www.kidsbranch.ca.

Kids Branch @ Home Video Option - This includes worship and the Bible lesson

- Elementary Video - https://youtu.be/DHnyiV_5rZY
- Preschool Video - https://youtu.be/iO_Wtxh-9tM

Kids Branch @ Home Parent Led Option

Worship Suggestions

During worship encourage your kids to sing, follow along with the actions, have a dance party or just listen and think about what the words say who Jesus is and who we are to him. All of these are ways that we can express our joy and love for God.

- Play “O Taste and See” - <https://youtu.be/FJdFKYZRxcM>
- Play “The Blessing” – <https://youtu.be/5u1T80djrO8>
- Play “Do What You Wanna Do” – <https://youtu.be/lefKenG-tRM>

Bible Story Suggestions – Psalm 23: Green Meadows (Psalm 23:2-3; Matthew 11:28-30)

Parent Recap: In these peaceful verses from Psalm 23, David writes that our shepherd, God, lets us rest in green meadows and leads us beside peaceful streams, renewing our strength. Jesus makes a similar promise when he invites us to take our heavy burdens to him and find rest.

Elementary Activities

- Play a quiet game or do a puzzle together as a family
- Debrief:
Ask: How does playing games help you rest?
Say: When we're tired or feeling stressed, sometimes it's nice to clear our minds and just have a little fun. And spending relaxing time with others can help us feel refreshed and rested. God gives us rest. And even though we can't play a board game with God, he's a friend who is always with us.

Preschool Activities

- Preschoolers can make and colour their own ['Time to Rest' book](#)
- Book [handout](#)

Through the Week

- Find at least five minutes you can set aside each day with the entire family to rest.
- Don't plan anything for your rest time.
- As you enjoy one another's company, find things to do that bring you rest and refreshment. That might be talking, playing a game of catch, going for a quick walk, listening to music, or anything else that helps you find rest from the day.
- At the end of your rest time together, thank God for giving you rest.

Pray Together

Share with one another what things cause you stress. Ask God to help each person through those stressful times and to help each person to find rest this week.

Join the church in prayer @ 7 PM every day. Find the specific prayer request and scripture on TOB's Instagram or Facebook story.

Memorize Scripture

"The Lord is my shepherd; I have all that I need." (Psalm 23:1)