

Slow Down

For this activity, you will need:

- about 8 index cards
- things to decorate with like stickers, crayons, markers, glue sticks, etc.

Imagine you are on the beach with Jesus and the disciples, resting after a busy time. What do you think Jesus would do to help them rest? _____

Make a list of Bible verses about God's Love:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Take the verses you listed above and write each one of them out on a separate card. We suggest using index cards. Decorate them and choose one each day to read and think about.

Some of you may be viewing this as a group or with your families. Take a moment right now to pause the video and ask each other about three things that went well each day. When you are done, Thank God for the way He is helping you to learn, and to grow wise and kind.

Remember, that we are in a world that is currently not perfect and sometimes difficult or sad things happen. If something like that has happened to a friend, comfort them, and tell them how much you care. They just need you to listen and be kind. You could also share with them the cards you have made in today's activity.