

Day 3: Jesus travels to get away

JESUS PRAYS

Scripture reference: Matthew 13:1-3; Mark 6:30-32; Luke 11:1-4

Theme verse: Joshua 24:15b

"As for me and my house, we will love and serve the Lord."

Catch phrase: **Awesome are your feet ... they PRAY with Jesus!**

Lesson goal and objectives:

Your family will discover that even Jesus and his disciples took a break, got away and recharged. Today we will explore these ideas:

- **Getting away doesn't always mean taking a big trip. Sometimes it's as little as finding a quiet moment in your day to rest and pray.**
- **It's important to take time to get away from business and chaos.**
- **Practice taking time for rest and renewal.**
- **Jesus models the importance of prayer. We pray to develop a relationship (friendship) with God.**
- **Discover ways your family can develop a relationship with God and learn about Jesus.**

daily supply list



Pack your bag

Your supply list for today is:

- A candle
- Flat Jesus
- Theme verse coloring page (p. 16) and catch phrase coloring page (p. 44)
- Your Bible /Storybook Bible
- Materials for the Bible story response: books to read (see suggestions in the response section), Legos/blocks/Magna-Tiles, materials to color or draw
- A movie to watch
- Arts and crafts supplies (see pp. 38-39)
- Science supplies (see p. 40)
- Fish beanbags (buckets, chalk, paper plates, water bottles or other items to knock down)
- A way to play/listen to music
- Flat Jesus journal



OUR JOURNEY BEGINS

Gathering activity and theme exploration

It's our third day of Staycation Bible School! What an adventure you have been on! Our journey began by traveling to a lake. Then Jesus got on a boat. Today, we are going to rest. So take a deep breath, count to 5 and let the breath out slowly!



1. Light a candle to represent the light of Christ present with you.



2. Share a hope you have for your day today!



3. Learn/sing a "car tune" together. Choose a song from the list and sing it together. If you don't know it, look up the words and learn a new song. A great one for today's theme is "As for Me and My House," from Yancy & Little Praise Party.



4. Say a prayer together.

Scan in your Spotify app to go directly to the playlist!



Opening prayer

God of rest, from the very beginning you taught us that rest was very important. You rested on the seventh day of creation and Jesus took a break from traveling and teaching. Help us to rest. Remind us that when we rest we are able to reconnect with you and with one another. Thank you for this day of rest. Amen.



OPENING ACTIVITY

"Deserted island"

Today is all about getting away. What would happen if you ended up on a deserted island? **What would you take with you? What can you NOT live without?**

Take turns imagining what you would take with you on a deserted island:

1. What **three items from your room** would you take with you to a deserted island?
2. What **three foods** would you eat on a deserted island?
3. What **three books** would you want to read on a deserted island?
4. What **three friends** would you take with you to a deserted island?
5. What **three _____** would you have on a deserted island? (Make up your own categories and have fun!)



EXPLORE THE THEME

Travel guide note: Today's Bible story is a little different. It isn't really a story; it's more of a picture of how Jesus spent his time. In the Bible there are moments when we read about Jesus and his disciples getting away from the crowds. Often it was just a few short verses, so brief you would almost miss them. We read that he spent that time praying and resting. It didn't last for long, and soon the crowds would find him again. Jesus never seemed to get enough time to rest. But he took time to rest. This is the emphasis for today. That even when it was busy or people seemed to need Jesus, he found time to rest. And while he rested, he prayed.

This is another goal for today: to recognize that Jesus made sure he kept his connection with God through prayer.



Find your Bible verse coloring sheet. (The theme verse coloring sheet is on page 16.)
Read the Scripture verse together.

Theme verse: Isaiah 52:7 (From the Message)

*How beautiful on the mountains
are the feet of the messenger bringing good news,
Breaking the news that all's well,
proclaiming good times, announcing salvation,
telling Zion, "Your God reigns!"*

Focus on the phrase

"Breaking the news that all's well, proclaiming good times, announcing salvation."



Wonder together:

- How do our feet pray like Jesus? We normally think of hands when we think of praying. What does it mean to have feet that pray like Jesus?
- What good news do we want to share?

On our first day together we discovered who the messenger was (A prophet, Jesus, us) and yesterday we brainstormed all the places we could deliver the message (mountains, beach, lake, etc.). Today let's share with one another just what is this good news that we are sharing! The message we are sharing is the good news of Jesus Christ. Jesus loves us! As a family, discuss together what you would want to share with someone else about Jesus.



Write down the good news you want to share. Find a spot on your Bible verse coloring page and write down the good news that you want to share!

Let's say our theme phrase together:

"Awesome are your FEET ... they PRAY with Jesus!"



Color and decorate your day 3 theme phrase coloring page.

Our theme today is all about getting away, resting and making time for prayer. Does your family have a favorite prayer? Maybe you have a special meal time grace or a special night time blessing. Write the words to your favorite prayer in feet on today's coloring page. Hang your picture in your space.

LEARNING ALONG THE WAY — EXPLORING THE STORY



Read: Explore the story of Jesus getting away to pray.

You can find it in **Matthew 13:1-3**; **Mark 6:30-32**; and **Luke 11:1-4**.

Together look up these three different Scripture references and read them together. Notice what happens just before them and what happens just after them in the text.



Reflect

Option 1 (*Especially good for younger elementary children*)

1. Why did Jesus rest? What do you think Jesus did when he rested?
2. The Bible says he prayed. Who do you think Jesus prays for? What do you think Jesus prays for?
3. Do you have a favorite place you like to rest? What do you like to do when you rest?
4. Jesus teaches us to pray. He tells us that praying helps us build our friendship with God. Where is a quiet place that we can go to get away and pray?
5. The Old Testament says, "As for me and my house, we will love and serve the Lord." This means that we will do our best to have a friendship with God and learn about Jesus. What are some ways our family can have a friendship with God and learn about Jesus?

Option 2 (Especially good for older elementary children)

1. Why do you think that Jesus chose to get away and rest?
2. What do you think Jesus did when he rested?
3. If Jesus was getting away in 2020 - right now - where do you think Jesus would go, and what do you think Jesus would do to rest?
4. Throughout the Gospels it said he prayed when he took time away. What do you think Jesus prays for? Who do you think Jesus prays for?
5. What are some ways that you like to rest and relax? How does your family rest and get away? Do you have a favorite getaway spot at your home or yard?
6. In Luke, the disciples ask Jesus to teach them how to pray. He teaches them the Lord's Prayer. I wonder, why is prayer an important part of our faith tradition?
7. Prayer is a way of having a friendship with God. We mostly know prayer as something that is spoken. But did you know there are many ways to pray? Can you brainstorm different ways that you can pray?
8. Joshua 14:15b says, "As for me and my house, we will love and serve the Lord." Even in the Old Testament God's people thought about the importance of having a relationship and a friendship with God. It's hard to have a relationship with God when we are very busy. This is why we are encouraged to get away. Where can your family create getaway space (either physically or by setting aside time) to grow your relationship with God?

Respond

Today, practice what Jesus taught, by getting away to pray or think about your friendship with God. Have each person find a space in or around your house to "get away." Take at least 15 minutes to respond. Invite each person to choose their own activity, work in their own space and play some quiet reflective music.



- **Response 1: Reflect with blocks.** Make a Lego prayer station. Use a Lego baseboard and create a faith shape with Legos (heart, cross, Jesus fish). Use Lego bricks and Lego people to represent prayers. Some ideas include: Use different colors to represent different types of prayers (sorry, thank you, celebration, others); use different colors to represent different people or places; build bricks on top of each other to represent groups or families. Find a place to keep your prayer station and continue to add to it over time. Or build a house with bricks, blocks or Magna-Tiles. Fill it with notes or drawings or representations of ways you that you will "love and serve the Lord."



• **Response 2: Read and reflect.** Read a book that encourages you as you grow in your relationship with God. There are many children's books available that are perfect for a reflection reading time. Some suggestions are:

- "When God Made You," "When God Make Light," "When God Made the World," and "When I Pray for You" by Matthew Paul Turner.
- "Little Mole Finds Hope" by Glenys Nellist.
- "The Story of AND" by Sandy Eisenburg Sasso.



• **Response 3: Reflect with art.** Use markers or crayons, play dough or paint. Draw a shape on a piece of paper (heart, cross, Jesus fish). Fill the shape with the prayers of your heart.



REST STOP

On every trip it's nice to take a break and eat a snack. Choose a time each day where you can rest and refuel. Instead of listening to car tunes and doing energizers, today you are invited to take a longer break. Encourage your family to slow down and take a long time to rest. You might want to choose to do today's rest stop later in your day.

Today's snack suggestion: popcorn. *Make some popcorn and choose a movie to watch together. Make your space cozy. Make a fort, use pillows and spread out the blankets. Enjoy a time for rest and renewal.*

CONNECTION POINT: *Make a church family movie list and share it with one another.*

Or decide as a church family what movie you are going to watch. You may not be watching it in the same place, but you are watching it together in spirit.

TODAY'S DAILY SIDE TRIPS



(There are only a few excursion suggestions today. This will allow you to create more space in your day for rest and renewal.)



EXCURSION 1: Arts and crafts

Option 1

"Me and my home" pictures

You will need: White heavy paper/cardstock (for a more durable picture use a canvas), painter's tape, paint, markers.

1. Use the painter's tape to **create a house or apartment** on your paper/canvas.
2. **Paint your paper.** You can use just one color or do several colors.
3. Next, **splatter paint** over the entire picture to give it color and pop.
4. **Allow your painting to dry.** When it is dry you can carefully peel the tape off. You will have white areas where your tape was. **Write today's Bible verse on your painting** (*As for me and my house, we will love and serve the Lord*).

Option 2

Salt dough footprint candleholder

You can use your candleholders in a space that you have set aside for prayer and study of God's Word.

You will need: flour, salt, boiling water, acrylic paints, a sharpie, a tea light candle, parchment paper, a cookie sheet or 9 x 13 pan.

1. **Make the salt dough.** Ingredients: 1 cup of salt, 2 cups flour, 3/4 cup boiling water.
2. **Preheat oven** to 250 degrees.
3. **Mix the salt and flour** first. Gradually add in the boiling water.
4. **Mix together until a dough forms.** *It should not be sticky, but like the consistency of play dough.*
5. **Roll out** your dough so it is big enough for your child's footprints. If you have parchment paper, roll it out on this — that makes it easy to transfer later.
6. Using your child's feet, **stamp out a heart** in the middle of the dough. The pointy part of the heart would be your child's heels.

7. Next, **cut a heart shape around the "feet heart."** So it should look like a heart within a heart. (Options: Just do one footprint, and cut a heart around it. Or you could make a footprint cut out. You could do this by tracing your foot and then using this a foot template.)
8. **Bake your salt dough creations.** Bake at 250 degrees for 1.5 to 2 hours. Or you could let them air dry, but fair warning: that could take days.
9. Once they have baked and cooled, **paint and decorate** however you would like.
10. **Find a place for today's Bible verse and add your tea light candle.**
 - **Variation 1:** You could use Model Magic instead of salt dough. It's a modeling clay made by Crayola. You can find it at most craft stores (and on Amazon). You just mold, create and let dry. You don't have to bake it. It comes in colors too, so you can get very creative with how you make a candleholder.
 - **Variation 2:** If you don't want to use clay, you could make a candleholder using a small glass candleholder and tissue paper. Cut the tissue paper into small pieces and with a mixture of water and glue, paint the tissue onto the glass candle holder. Let it dry. When it's done, you have a beautiful stained glass tea light candleholder.

Option 3 Prayer sticks

You will need: Popsicle sticks (wide ones are great), markers, a jar or container for your sticks.

This is a way to remember people, places and things you would like to pray for. You could keep it in your space that you have made to get away and grow with God.

1. **Decorate a jar/container** to hold your sticks.
2. **Think of people** your family would like to pray for.
3. **Think of places** your family would like to pray for.
4. **Think of categories** you would like to remember in prayer (for example, someone who is sick, someone who is lonely, someone who is hungry).
5. **Write the people, places, categories on your Popsicle sticks. Decorate them.**
6. When you are done **place the Popsicle sticks in the container.** Whenever you gather for a time of prayer, have **each family member choose a stick and then include those people/places/categories in your prayer.**



EXCURSION 2: Science and discovery

Today let's **MAKE A CRYSTAL**. This activity takes time. You will want to **do the project earlier in the day**, as you will have to wait for your crystal to grow.

You will need: Borax, pipe cleaners, string, Popsicle sticks (or any kind of stick), large glass, food coloring and boiling water.

1. Take your pipe cleaner and **make a shape**. It can be any shape – maybe a heart, a fish, a flower, a butterfly, a swirl (anything you can imagine).
2. **Tie the shapes to a piece of string** and **attach the Popsicle stick** (or other stick you have). *Note: Make sure your shape will be able to fit inside the jar you are using. It can't be bigger than the jar and you must be able to pull the pipe cleaner shape out of the jar.*
3. You will need **one jar for each shape** that you have. **Fill each jar with boiling water. Add 1/3 cup borax. Stir gently** until the borax dissolves. **Add food coloring** if you wish.
4. **Place a pipe cleaner shape into the borax solution** in the jar.
5. **Set aside**. The pipe cleaner shapes will need to sit in the solution for at least a few hours – maybe overnight.
6. After some time, **you will start to see crystals grow**.
7. The longer you keep the pipe cleaner in the jar, the bigger the crystal will become. **When the crystal has become the size that you like, take it out** of the jar. **Find a place to hang your crystal**.

How does this remind us of our relationship with God? Our friendship with God takes time to grow and develop. Each time we pray, each time we get away and spend quiet time with God, our friendship with God grows little by little. Like this crystal, it takes several elements. And when the elements are put together (us and God), a beautiful friendship grows over time. Our relationship with God changes and transforms us, just like the pipe cleaner was changed and transformed.



EXCURSION 3: Stretch your legs (games and play)

Option 1: Flat Jesus challenge:

Go for a walk! Remember our catch phrase for today: “Awesome are our FEET...they PRAY with Jesus.” How do we pray with our feet? Let’s give it a try today! Go on a prayer walk, as you are able. Take Flat Jesus. Take a picture with Flat Jesus near one of the places where you pray. Here are some prayer suggestions:

- When you get to a bus stop: Say a prayer for your school and your school friends.
- When you come to a place where people play: Say a prayer for your friends.
- As you pass houses: Pray for a neighbor you don’t know. Pray for a neighbor you do know. Pray for an older neighbor. Pray for a neighbor who is sad or lonely.
- Notice people’s yards: Pray for creation.
- Do you see pets? What about wildlife, like birds, squirrels, and deer (in my neighborhood we have bears!). Pray for the animals of our world.
- Is there a place where people eat in your neighborhood? Maybe a neighbor has a vegetable garden. Pray for people who are hungry.
- Remember that not everyone has a home. Pray for those who are homeless and in need of shelter.
- When you get back to your home, pray for your family.

Option 2: Game time.

Play a favorite board game with your family.

Option 3: Get your fish sock beanbags!

Play some beanbag games.

- **Basic toss:** Either take turns tossing a beanbag to one another. Or make it a little more interesting: Teams of two begin directly in front of each other, and with each successful catch the person takes a step back. See what team can get the farthest apart.
- **Paper plate targets:** Grab 5 paper plates and give each one a different value. Place them at varying distances and take turns tossing the beanbags to get the most points (each turn can include 1-3 beanbag tosses).
- **Bullseye:** Use sidewalk chalk to draw a large bullseye target. If desired, give each section/circle a value. See who can get the most points or who can hit the middle of the target the most.

- **Buckets:** Place 3-6 buckets in different places (various sizes are fine). Take turns tossing the beanbags in the buckets. Again, you can give the buckets each a value.
- **Toss at water bottles:** Fill 6 (or 10) empty water bottles up about 1/4 full. Set them up in a triangle formation (like bowling pins). This can be set up on the ground or on a table. Toss the beanbags to try to knock all the bottles over.



WHERE IN THE WORLD IS FLAT JESUS??

It's time to learn about another mission co-worker from the Presbyterian Mission Agency. Remember that you can find the information about the mission co-worker here: presbyterianmission.org/ministries/mission-connections.



After you have chosen who you would like to learn about today, **take some time to journal about the co-worker** in your Flat Jesus journal.



Travel buddy time

Connect with your travel buddy today. **Share together:**

1. What you learned about rest and prayer. Ask your travel buddy why they think Jesus needed to rest. Who and what do they think Jesus is praying for?
2. Tell them about your Flat Jesus challenge today. Challenge your travel buddy to do a prayer walk around their neighborhood.
3. Show them your salt crystal. Can you remember how the crystal reminds you of your friendship with God?
4. What did your family do to rest and relax today? If you watched a movie tell your travel buddy about the movie. See if they have any movies they would suggest you watch. Ask them what they like to do to rest. See if they have a special place in their house or apartment that they like to get away to when they want to pray and build their relationship with God.
5. Play "What would you take to a deserted island?" with each other.



Make your mark

Take a look at your “Make your Mark” Bingo sheet! What activity will you participate in today? Did you know that there are ways you can color pictures to brighten someone’s day? Coloring can be a very relaxing activity.

Check out colorasmile.org. You can **download pictures to color**. Once you have colored them, you send them back to Color A Smile and they deliver them to hospitals, nursing homes and even troops overseas! This is just one activity you might choose to do.



OUR JOURNEY COMES TO A CLOSE

Take a deep breath! Did you find some time to rest today? Find a quiet spot to gather together as a family, and don’t forget to bring Flat Jesus along!

- Light a candle to represent the light of Christ present with you.
- Share with each other a joy you had on your journey.
- Share with each other a roadblock you had along the way.
- Share an “aha” moment or understanding. What is something new you learned?
- Sing a favorite car tune together.
- Use your prayer sticks and pray together as a family.
- Pray using this closing benediction. You can say it together.

**We thank you, Jesus, for this day!
As we followed you along the way.
We will travel day and night,
To follow you and share your light!
Help us journey far and near,
To share God’s love, with all who hear.
Amen.**

AWESOME

ARE

YOUR

FEET...

THEY

PRAY

WITH

JESUS!

