

Hebrews 4v1-3, 9-19

JESUS GIVES US REST!

A CCS RESOURCE FOR
PARENTS & CARERS



FOR
YOUNGER
KIDS

TEE IT UP

- Do you like to rest?
 - What do you like to do to rest?
- There is no kids slot this week.

PASSAGE

PRAY

Dear Father, thank you for the Bible. Please help us to know You better as we read it. Amen.

INTRO The book of Hebrews is helping Jewish Christians not to give up on trusting Jesus because He is **BETTER** than their Jewish religion. The Israelites looked to have rest in the promised land. This week, we see that Jesus gives us a **BETTER REST**.

1 Now God has left us that promise that we may enter and have his **REST**. Let us be very careful, then, so that none of you will fail to get that **REST**. 2 The Good News was preached to us just as it was to them. But the teaching they heard did not help them. They heard it but did not accept it with faith. 3 We who have believed are able to enter and have God's **REST**.

9 This shows that the seventh-day **REST** for God's people is still coming. 10 For anyone who enters and has God's **REST** will **REST** from his work as God did.

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THINK...

1. What does God want us to have? (Rest)
2. What is this rest? (A new world when everything is perfect and we have peace with God)
3. Why do we need this rest? (Everyone works hard trying to have peace)
4. How do we have this rest? (By faith / trusting in Jesus)
5. What stops us from having this rest? (Not listening to and not believing in God's word)

PRAY

Heavenly Father, thank you that Jesus gives us rest. Please will you help us to keep trusting in Him Amen.

Keep Chatting--

Think about some ways you like to rest as a family. Talk about why we need rest. Think about how everyone is working hard to have a perfect life and even try and be God's friend by what they do. We don't need to do this if we trust in Jesus because he gives us rest and peace with God.

SING



PLAY!



Listen to and sing along to this song:

Faith is Being Sure (Hebrews 11:1 & 3) - Dumbrocks

https://youtu.be/E_C2zoAmbNw

Play SLEEPING LIONS! Children have to lie down and be as still as possible, an adult is the Hunter and tries to make the children move without touching them (telling them jokes etc). If someone moves, they're out and become another Hunter. The winner is the person who stays still the longest! Talk about the idea of rest.