



SELAH

CHILDREN'S MESSAGE

MESSAGE

Put a pillow on your lap and say, "This is my favorite pillow. I always sleep better when I have it with me at night. Do you have anything that helps you sleep better? (Allow the children to answer.). Getting a good night's rest is so important. Jesus often showed people how important it was to rest.

For example, the Gospel of Mark tells us about a time when Jesus had a very busy day. He went to the synagogue and ended up teaching the people who had gathered. They were very impressed with all that he knew.

Then he heard that his new friend's mother-in-law was sick, so he visited her and healed her. Of course, it didn't take long for people to find out, and soon so many sick people were coming to the house for him to heal them. One after the other. And he cared for them and helped them feel better.

It was a very busy day.

Finally, Jesus could get some rest. Don't you just love a good night's sleep after a hard day? I wonder what special things Jesus did to make sure he could get a good night's sleep.

But you know what? He didn't sleep in the next day.

Instead, the Bible tells us, "*In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed.*" (Mark 1:35, NRSV)

Jesus realized that it is important to take time to rest his body and mind, but also his spirit. He knew that he had to go away from the people and spend time talking with God to find true rest.

You all are very busy. With school, sports, activities, even church. And you have been very brave over this past year with the many changes that have happened in your life.

It's important to make sure you are resting in body, mind and spirit. I hope that you will find time each day to pray with God by yourself. Maybe it is right before you go to bed. Or maybe you can wake up a little earlier in the morning like Jesus did to spend time with God.

Let's practice. Please repeat after me:

**Dear God,
When I get too busy,
Please slow me down.
Help me rest in you.
I love you.
Thank you for loving me.
Amen.**

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CHILDREN'S
ACTIVITY

"In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed."

(Mark 1:35)

ACTIVITY



This activity builds on the children's message above.

Say: In the Bible, you'll find a book called Psalms. It is a book with prayers, songs and poems to God. At the end of some of the lines in the poems, the word "Selah" appears. It is kind of like a comma in a sentence that tells the reader to stop and reflect. Or like when you are watching a movie or TV show and want to go into the other room for a moment. You might hit the "pause" button on the remote control.

Sometimes we need to pause our bodies and minds to listen for God in the stillness. We are all very busy. But just as Jesus found that time in a busy day to spend time with God by waking up very early, we also need to make that kind of time.



Have you ever played the game "Red Light, Green Light?" We are going to play something similar called "Busy Selah."

Everyone line up along the starting line, When I say "busy," everyone will move toward the finish line, When I say "Selah," everyone must immediately stop. Whoever is still moving when I call "Selah" must go back to the starting line. Whoever gets to the finish line first will call out "busy/Selah" in the next round.

CRAFT



• Give each child a piece of paper cut into a circle. Ask them to write on the bottom half of the circle "I am" followed by their name.

- Give them 3 strips of different-colored construction paper. Ask them to write on each strip a word that their parents or another family member would use to describe them.
- Give them 3 more strips of construction paper. Ask them to write 3 school or extracurricular activities they enjoy.
- On the next 3 strips of construction paper, ask them to write 3 words that they think God might use to describe them.
- Attach each of the strips around the "I am" circle like the rays of a sun.

Say: One reason Jesus wanted to spend time with God was that he knew God loved him very much. And Jesus knew that he was a child of God. When his life got too busy, he needed to pause. To experience Selah. He needed to remember who he was and whose he was. A child of God. Just like you are a child of God. And God loves you very much.

As you read each of the words on your "I am" sun, remember that you are a child of God. Write these words on the top half of your circle: "Child of God."

Ask the students to share one or two "I am" statements.

Say: Isn't it wonderful how we each have unique and special words that describe who we are? But what we all have in common is that each one is a child of God.

Let's say together, "I am a child of God."