

Draw & Color

Color in the shepherd resting with their sheep.



Answers: WORK, ROWS, SORE, REST

KidStuff

By Clergy Stuff

RCL Kid's Bulletin

July 21, 2024

Mark 6:30-34,

53-56

Jesus Rests

Jesus and his friends had been busy teaching and healing and taking care of people all over the place.

"I'm so tired," said Joanna. "I could fall asleep where I'm standing."

Peter nodded. "I just want to sit down and get a snack."

Jesus' friends all agreed. "I understand," Jesus said. "Taking care of others is a lot of work. It's important to take breaks."

Mary's eyes got wide. "Really? I thought we just had to keep going."

John said, "There are so many people who need our help!"

"It's true," Jesus said, "but if you don't take care of yourself, you'll be too tired to help others."

"That makes sense," said Peter with a big yawn.

Jesus smiled. "Let's go find a place to be alone and rest."

"Good plan," said Joanna.



REMEMBER THIS

SELF-CARE

Taking care of yourself by resting so that you have the energy to love and take care of others.

CHANGEWORDS

Follow the instructions to change what Jesus' friends were doing into what they needed to do. Some letters are filled in for you. (Answers on back.)

Fill in the blanks. Jesus said that taking care of others is a lot of this:

W _ _ _

Change the K to an S and rearrange the letters to spell a word that means "long straight lines" of things like chairs.

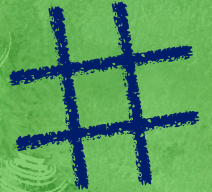
_ _ W _

Change the W to an E and rearrange the letters to spell a word that describes how your body might feel if you exercised too hard the day before.

_ _ _ E

Change the O to a T and rearrange the letters to spell what Jesus reminded his friends to do.

_ E _ _



Did You Know?

Resting for even short periods during a day can make you happier and healthier. There are lots of ways to rest including taking a walk, or just sitting still and breathing.



TRY IT AT HOME!

Ask a grown-up to help you try meditating. Meditating means sitting still and breathing deeply. It relaxes your body and your mind.