

## Getting Away from It All



- Theme:** The need for rest and relaxation. Proper 11 (16) 8th Sunday after Pentecost
- Object:** Some vacation photos
- Scripture:** The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place. Mark 6:30-32 (NIV)

How many of you have taken a vacation? Would some of you like to tell us where you went? (Allow some time to share.) I have been on vacation too. I brought some pictures that I took while I was on vacation. We went to the mountains and I got a lot of beautiful pictures of trees, lakes, and rivers. It was so quiet and peaceful and I really enjoyed getting away from the hustle and bustle of everyday life.

We all need to get away, don't we? Some people really have a hard time doing that. They think that when they go on vacation they have to take their cell phones and laptop computers so that they can check their voice mail and email, and maybe even get caught up on some work that they didn't get finished before they left. They might as well stay at home!

Some people say that they think that children should go to school all year around. I disagree. I think that even children need some time to get away and rest. It will help them to do better work when they start back to school.

Did you know that even Jesus recognized that we sometimes need to take some time off to get caught up on our rest? One day the disciples went to Jesus and told him how busy they had been teaching and ministering to the needs of people. "There have been so many people coming and going that we sometimes don't even have time to stop and eat," they told Jesus.

"Come with me to a quiet place so that you can get some rest," Jesus said to the disciples. So the Bible tells us that they got in a boat and went away with Jesus to a quiet place.

Yes, we all need a time to get away from it all, but we can't get away from it all if we try to take it with us!

Dear Father, we thank you for work, for play, and for school. We also thank you for those times when we can get away from it all -- and get some rest. In Jesus' name we pray. Amen.

Interactive Group Activities  
by Carol Williams & Charles Kirkpatrick

Sermon Title: ["Getting Away from It All"](#)

Scripture Reading: Mark 6:30-34

**BOAT GAME:** The teacher can tape off a specific area in the shape of a boat. Children can jump in and out of the boat as the teacher tells them what to do. The teacher could tell the children to jump OUT of the boat, or jump INTO the boat, or all jump to the back of the boat or to the front of the boat, etc, as time allows.

**WORK, SCHOOL, PLAY AND REST:** Label different areas of the designated room as WORK, SCHOOL, PLAY AND REST. When the teacher shouts one of those words, the children will run to that area and pantomime something for that area.. such as working in the WORK area, so sitting at a desk for the SCHOOL area, jumping or playing in the PLAY area and laying down quickly in the REST area. Keep children moving quickly to make the game more fun and using up alot of that extra energy that children have before story time.

**BOOT CAMP:** Tell children they are going to BOOT CAMP today. Teams can line up and do exercises, cadences, running, obstacle courses, etc as time allows. Other props for Boot Camp are great if the teacher has the time and ideas for dress up, hats, squirt guns, etc.

**QUIET TIME:** Tell children to gather around in a circle for a quiet place and rest, as teacher tells today's story.

**VACATION PICTURES:** Provide the children with supplies to color a favorite vacation place of their choice. Display the pictures on a classroom wall with today's Bible verse written on the wall above their vacation pictures.

**REST AND RELAXATION ACROSTIC:** The teacher can write REST AND RELAXATION down the left side of a large poster board and let the class find words for resting and being quiet before Jesus. Children can also draw pictures on this poster board for their ideas.

**RESTFUL PUPPET:** Each child can be given a small lunch bag to use as their RESTING puppet... drawing facial features with eyes CLOSED.. and write parts of today's Bible verse on the front and back of their bag puppet.. use their puppets to tell today's story or each child can use their puppet to ask a question to their classmates about how to be Quiet and restful when they need to get away.

**STAINED GLASS PRAYING HANDS:** Children can trace their hands or cut out a tracing that the teacher has given to them for the look of praying hands. Children can cut out a form of a glass window and glue their praying hands onto the window shape. Then let children glue very small pieces of tissue paper to the "stained glass window" shape around the hands.

**RESTING PAPER PLATE:** All the children can color a paper plate and cut slips around the edges of the plate. Write small words from today's lesson about being quiet and getting away from being too busy, etc. Children can use stickers and colorful markers to draw a picture of them relaxing and resting in the middle of the plate. The plate can then be taped or attached to a small stick or dowel, if desired.

**BEE QUIET:** Give children yellow and black construction paper, chenille wire, etc to cut out a bumble bee and glue or tape onto construction paper. Write BEE QUIET and get REST AND RELAXATION...Mark 6:30-32

## Trusting Jesus



**Theme:** Trusting Jesus - Proper 11 (16)

**Object:** None. Play the "Who Do You Trust?" game.

**Scripture:** And wherever he went—into villages, towns or countryside—they placed the sick in the marketplaces. They begged him to let them touch even the edge of his cloak, and all who touched him were healed. Mark 6:56 (NIV)

A long, long time ago before any of you were born there was a television game show called "Who Do You Trust?" Today, we are going to play our own version of the "Who Do You Trust?" game. Here is how the game is played. First, I will tell you what type of question I am going to ask. For example, I might tell you that I am going to ask a Bible question. Then I will say to one of you, "Who do you trust?" You must then choose another person you trust to answer the question correctly.

Are you ready to play? Okay, let's play! I have a Bible question. Johnny, Who do you trust? (Johnny then chooses a person to answer the question. Be sure that the questions are ones that the children can answer so that no one will be embarrassed.)

Here is the question, "What person in the Bible was swallowed by a great big fish?" (Jonah, of course.)

Great job! Johnny knew that he could trust (name) to answer that question.

Let's try that again. This time I have a question about television. Mary, Who do you trust? (Mary chooses someone that she trusts to answer the question correctly.)

The question is, "Who is green and lives in a trash can on Sesame Street?" (Oscar the Grouch. Surely you knew that!)

(Continue to play as time permits.)

Wow! You guys are really smart!

Playing the "Who Do You Trust?" game can be a lot of fun, but in real life, it is much more than a game. It is very important for us to know in whom we can trust -- and I know where to find the answer. I can find the answer to that question in the Bible, because the answer is the same today as it was 2000 years ago.

There were many people in Jesus' day who needed healing from all sorts of diseases. They followed Jesus everywhere he went. There were so many people following them that Jesus and his disciples seldom even had time to stop and rest. One day they got into a boat and sailed away toward the other side of the lake. As soon as they stepped out of the boat on the other side, people immediately recognized Jesus and began bringing their sick friends and family members to Jesus. Wherever Jesus went, people would place sick people along the path where he walked. Why? Because they knew that in their time of need, Jesus was the one they could trust. They trusted Jesus so much that all they asked was to be able to touch the hem of his robe. Who did they trust? They trusted Jesus and because of that, the Bible tells us that all who touched Jesus were healed.

Each day we find ourselves facing difficult situations. We have tough questions to answer and difficult

choices to make. We often ask ourselves, "Who can I trust?" The answer is, "Jesus." Just as the people in Jesus' day knew that they could trust Jesus to make them well, you and I can trust Jesus to meet our needs in every situation.

Who do you trust? Jesus!

Dear Jesus, we are looking for someone in whom we can trust. We put our trust in you. Amen.

**TRUST GAME:** Let children get into groups of two and try to TRUST each other in making a wheelbarrow and "wheel" each other around the room. This could also be done as a relay race if the teacher desires.

**TRUST OBSTACLE COURSE:** Divide the class into teams. Make an obstacle course and one player from each team will be blindfolded. The teams will coax their own player around the obstacle course and the players will have to TRUST their teammates to tell them where to walk and what to do.

**SHOUTIN' FUN:** Divide the children into teams and have each team stand on opposite sides -- preferably OUTSIDE for a shoutin' good time. The first team will SHOUT --- WHO CAN WE TRUST? The other team can SHOUT back... JESUS!!!! Continue for a few times and then have the teams change what words they shout. Let children sit down and discuss the lesson and answer or ask questions of each other to learn more about trust.

**TRUST STRING ART:** Let children write TRUST JESUS on a large piece of paper. Glue colored string around the tracing of the words. Colored string can also be glued around the edge of the "ART" as a border. (Teacher can either buy colored string or dye the string in various colors before classtime.)

**TRUST IN JESUS BANNER:** Before class, the teacher can cut out large letters to spell, T-R-U-S-T J-E-S-U-S and tape the letters in various places around the room. When the time is right after the lesson story, have the children find the letters and tape the COLORFUL letters in order to spell, TRUST JESUS. Let the class color and decorate the banner.

**TRUST BOOK:** Give children supplies to make a small construction paper booklet, with various markers, stickers, cloth for clothing, etc and have children draw one picture of someone they can trust on each page. Make sure that the first page says JESUS and decorate that page to stand out the most in the booklets.

**BANDAID BIBLE VERSE:** Give children a piece of paper to write the Bible verse on, or to fill in some missing words if the teacher desires. Give the children some colorful bandaids to decorate the Bible verse page with to remember our Bible verse today and how everyone was healed as they touched Jesus.

**CHEERIN' FOR TRUST:** Let children write a poem or a cheer to remind them to TRUST. Ex: WHO DO WE TRUST, WHO DO WE TRUST, WHO DO WE TRUST, TRUSTING IS A MUST! WE'LL TRUST IN JESUS, LOVING IS THE KEY, WE'LL TRUST IN JESUS, ON OUR BENDED KNEE, etc.

**TRUST COIN:** Let children cut out a small round circle and color a gold color. Write in tiny letters, IN GOD WE TRUST, and cover with a little piece of saran wrap or laminating material. Tell children to keep their TRUST COIN in their wallets or in their Bibles to remember WHO to Trust all the time!