THE WAY OF JESUS

Memory Verse: **"Jesus answered, "I am the way. And I am the truth and the life. The only way to the Father is through me." John 14: 6**
Weekly Big Idea: **How can I rest from my worries?**
(Answer) Jesus Connection: **God wants you to come to Him with your problems, struggles, disappointments, and hard questions. Jesus wants you to trade your worries for His peace.**
Bible Story Scripture**: Rest | Trade Worries for Peace | Matthew 11:28; Mark 6:31**

SERIES OVERVIEW

Hey Y'all! Welcome back to KXP! Today, we are continuing in our series called **The Way of Jesus**.
We have learned that Jesus showed us the way to have a close relationship with God. He is our example to follow in every way. Jesus is the One and Only Son of God. He was baptized to show other believers the way to share their faith. He showed us how to be still and pray so that we can get closer to the heart of God. We've learned that Jesus is the vine/tree that connects us to God, the Father. When we remain connected to Jesus, we can grow patience, self-control, kindness, and love through the help of the Holy Spirit. Let's review our memory verse - ***John 14:6 "Jesus answered, "I am the way. And I am the truth and the life. The only way to the Father is through me."***

LESSON INTRODUCTION

We have one last Big Idea question for this month - **How can I rest from my worries?** Have you ever run a race or played a game and felt tired afterward? I bet you needed to rest after using a lot of energy. Do you ever get tired from thinking? I know that sometimes we think and think and think about things. We think about doing well on our schoolwork. We think about helping our team win the big game. We think about our family. We even think about waking up in time to catch the bus for school. Just like our bodies get tired from using energy, our minds can get tired too. Jesus knew this, and He had a promise to share with all who follow Him. He promises rest. Let's read God's Word together and see how we can find rest like Jesus.

REST | TRADE WORRIES for PEACE

During the presentation of Scripture, use a physical Bible, when possible, to model exploring God's Word together.

Matthew 11:28 says "Come to me, all of you who are tired and have heavy loads. I will give you rest."

Jesus says in the Bible that everyone who is tired in their body or their mind can come to Him and He will give them rest. If we are worried about something and thinking about it a lot, we can say a prayer and ask God to trade our worrisome thoughts for His peace instead. Peace is a feeling of calm and safety. Peace can feel like a quiet, relaxing moment. How wonderful it is to trade anxious thoughts for calm thoughts with God's help.

God's Word tells us that the birds in the air and the flowers in the fields don't have to worry about what they will eat or where they will live. God provides it all. The Lord takes good care of His creation which includes us. So, when we start to think or worry about things in our lives, we can remember and trust God to take care of the things we care about. Jesus shows us the way when we get tired. He had times in His life when He had to step away from the crowds so that He and His disciples could rest. Jesus got tired too.

Mark 6:31 says, "Crowds of people were coming and going. Jesus and His followers did not even have time to eat. He said to them, 'Come with me. We will go to a quiet place to be alone. There we will get some rest.'"

If school tires you out or friends take a lot of your mental energy, remember it's okay to step away to pray and rest as Jesus did. Even though overthinking and worrying can creep into our minds sometimes, Matthew 6 gives us many reasons not to worry.

Verse 25 tells us that the same God who created life in you can be trusted with every part of your life.

Verse 26 says that worrying about the future takes your energy away from today.

Verse 27 tells us that worrying is more harmful than helpful.

Verse 28-30 says God hears the prayers of those who depend on Him.

Verse 34 says that living one day at a time keeps us from being overwhelmed with worry.

LESSON CONCLUSION

See if you can practice trading your worries for God's rest this week. Our Big Idea asked - **How can I rest from my worries?** The answer is to follow Jesus' way. He wants you to come to Him with your problems, struggles, disappointments, and hard questions**. Jesus wants you to trade your worries for His peace.** You can talk to God about everything. Your mom, dad, and KXP leaders can help you too. They can help you pray and see the peace that God brings. Thanks for being with us today as we wrap up our series. We have learned so much this month from looking at the ways of Jesus. He is our perfect example and wants to be our closest friend.

JESUS CONNECTION

How can I rest from my worries?
He wants you to come to Him with your problems, struggles, disappointments, and hard questions. Jesus wants you to trade your worries for His peace.

SMALL GROUP: REVIEW & DISCUSSION

This is a time to check kids' understanding of the Bible story and its Truths. These guided questions can spark minds to continue seeking understanding of God and His Son, Jesus.

Recall:

- What can we bring to Jesus? *(Our heavy loads-worries, struggles, sadness)*
- What does He promise to give us in return? *(Rest)*
- What did Jesus do when He was tired? *(He got away from the crowds and rested)*

Discussion & Application:

- What kinds of things do you think about that might be considered a worry? Does your mind ever get tired?
- What is one thing you learned from today's lesson?
- How will you use what you learned this week?

PRAYER

Our Father in Heaven, thank You for giving us rest. When we are tired or worried, we can come to You in prayer, and You will give us Your peace. Please remind us that You are always with us, and we can trust You with the hard things we face in life. We love You, Lord! In the awesome name of Jesus, we pray – Amen.

LIVE IT OUT CHALLENGE

This challenge will prompt kids to make the KXP lesson personal. It can encourage them to live out what The Bible teaches us.

Challenge: Rest from your worries

- Guide the kids to respond to the provided prompts.
- They can respond orally as a group or quietly on a notecard.
- Provide time for the kids to use notecards to write down their worries.
- Encourage them to take their worries to God in prayer, share their worries with their families, and even take those written worries and place them on the cross during worship in the Big Room.