

REST | REFLECT | RESET

A Kids Journey with Jesus

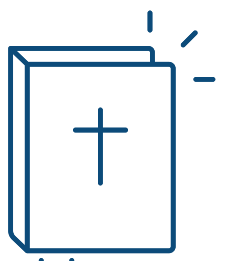


Covenant Fellowship Church

Welcome! Hi Friend!

God loves you so much and He loves spending time with you. Over the next six weeks, you'll learn how to slow down, listen to God, and follow Jesus every day.

Just come with an open heart.
God is happy to meet with you!



Week 1 — REST

Big Truth:

God loves when I rest with Him.

God is always with us.

When we slow down and get quiet, we can feel His peace and remember He is near.

Memory Verse:

“Be still, and know that I am God.”

Psalm 46:10

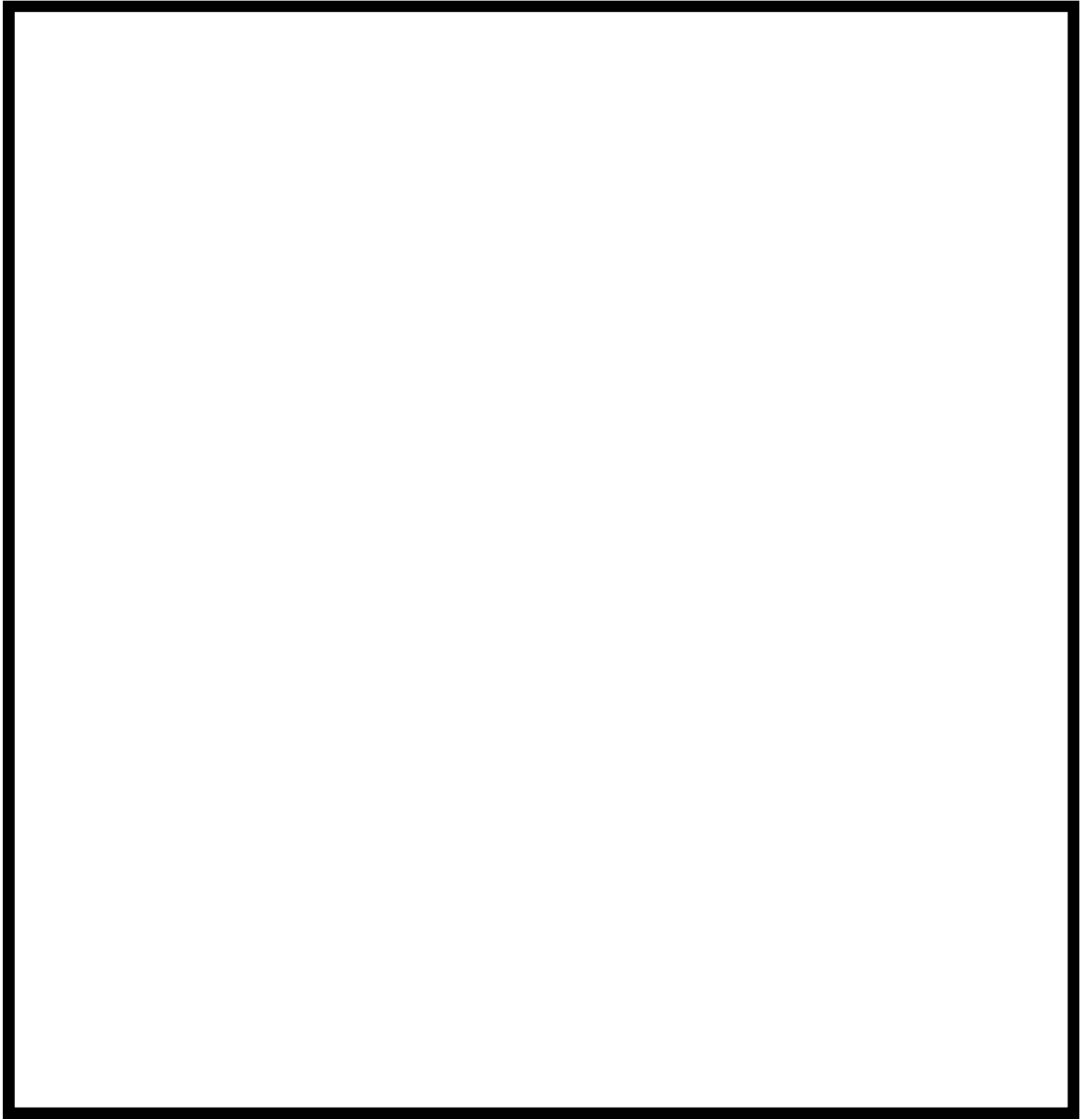
Activity:

Create a “God Space” in your home using a pillow, chair, or blanket. Sit quietly for one minute and thank Jesus for one thing.

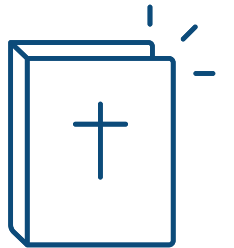
Prayer:

“Jesus, thank You for being with me. Help me slow down and rest with You. Amen.”

Week 1 — REST



Color or draw a peaceful place with God



Week 2 — REST

Big Truth:

God is strong and takes care of me.

Sometimes we feel worried or overwhelmed. God invites us to give Him our worries because He is strong enough to carry them.

Memory Verse:

“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

Matthew 11:28

Activity:

Draw or write something that worries you. Pray and give it to Jesus.

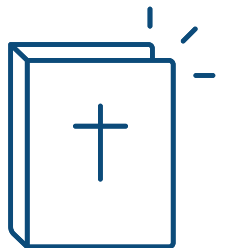
Prayer:

“Jesus, I trust You. Thank You for taking care of me. Help me remember for my whole life that you never change and you will always take care of me. Amen.”

Week 2 — REST



Color or draw a memory of a time when
God took care of you.



Week 3 — REFLECT

Big Truth:

God helps my heart make good choices.

God cares about what's in our hearts. When we ask Him for help, He teaches us how to choose what is right.

Memory Verse:

“Search me, O God, and know my heart.”

Psalms 139:23

Activity:

Talk about one good choice you can make this week.

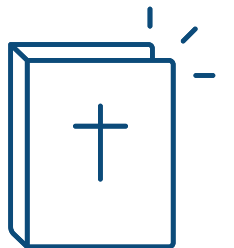
Prayer:

“Jesus, help my heart love what You love.
Show me what it loves that is not good and
help me to fix that. Amen.”

Week 3 — REFLECT



Color or draw a good choice that you made this week.



Week 4 — REFLECT

Big Truth:

God is always faithful.

God keeps His promises. He helps us again and again.

Memory Verse:

“Great is His faithfulness; His mercies begin afresh each morning.”

Lamentations 3:23

Activity:

Share one thing God has helped you with before.

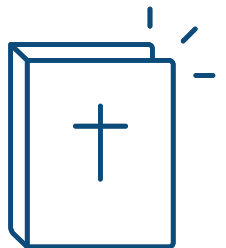
Prayer:

“Thank You, God, for always helping me.
Amen!”

Week 4 — REFLECT



Color or draw what it looks like
when God is faithful.



Week 5 — RESET

Big Truth:

God's Word helps me live right.

The Bible teaches us how to follow Jesus. When we read it, we learn how to love God, love people, and trust Him every day.

Memory Verse:

“Let God transform you into a new person by changing the way you think.”

Romans 12:2a

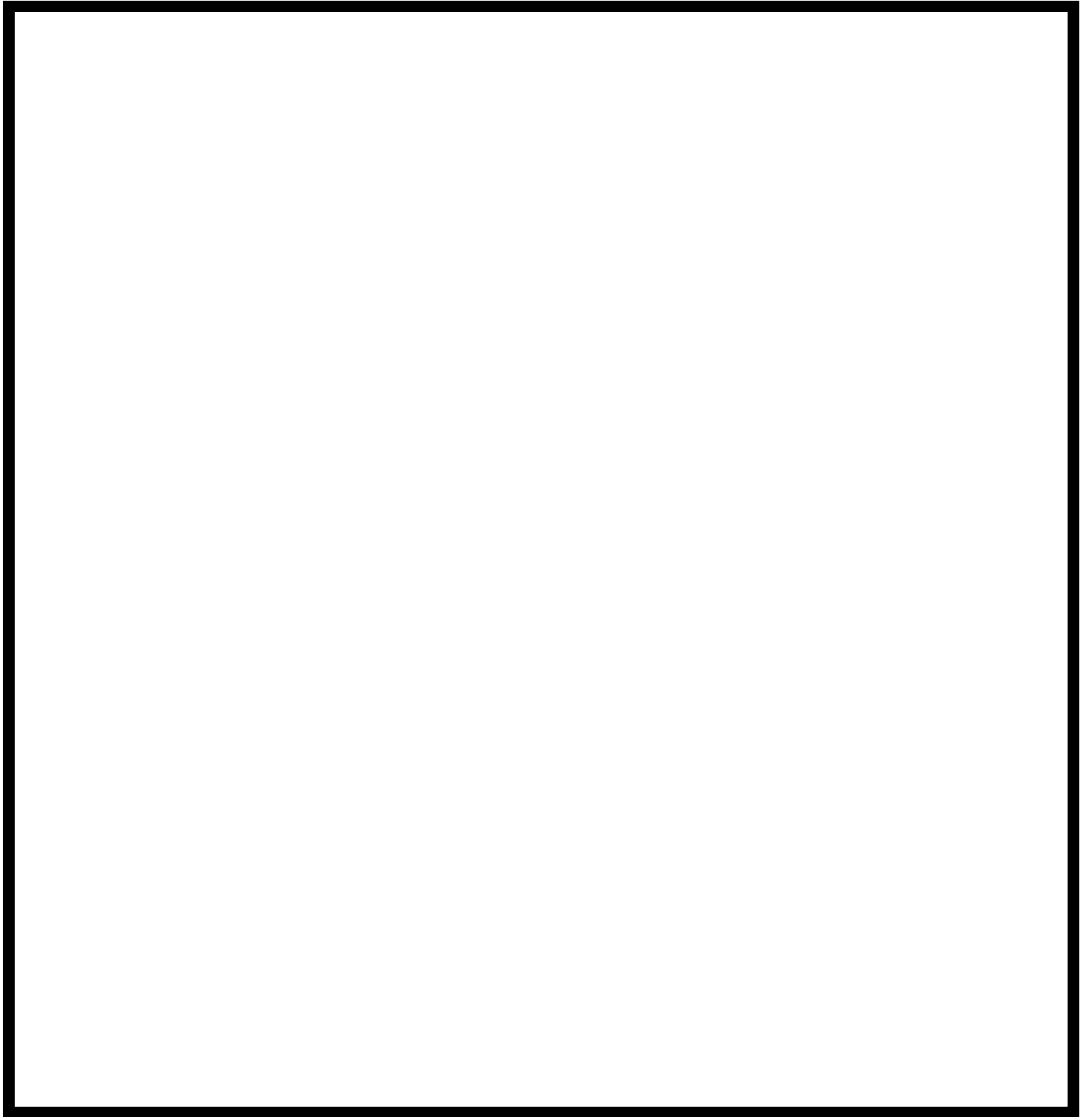
Activity:

Read a short Bible verse together.

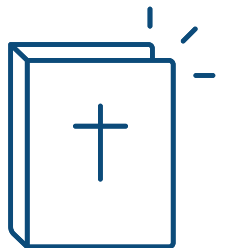
Prayer:

“Jesus, help me listen and obey You. Amen.”

Week 5 — RESET



Color or draw how it feels when we
are obedient to God.



Week 6 — RESET

Big Truth:

God has good plans for me.

God loves us and leads us into new things. When we follow Him, we can be brave because God is right beside us.

Memory Verse:

“For I am about to do something new. See, I have already begun!”

Isaiah 43:19a

Activity:

Draw a picture of something you hope God does this year.

Prayer:

“God, help me follow You this year. Amen.”

Week 6 — RESET



**Color or draw a picture of something
you hope God does for you this year.**

