



Impact Kids Fall 2025

Older Kids Leader Guide

October 1, 2025- Pajama Night

Psalm 23- God is my shepherd, I have all I need, and He helps me feel safe.
Psalm 23:1

Bible- Oct 1- Psalm 23:2-3 & Matthew 11:28-30 God gives us rest.



At a Glance



The Code

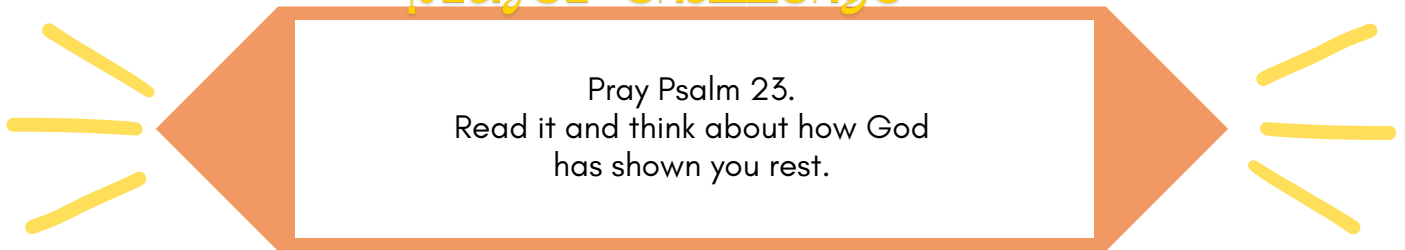


Gospel Page



**Psalm 23
Leader Devo**

prayer challenge



Wednesday Group Schedule

Leaders Arrive: 6:15 PM
Family Dinner: 6:30 PM – 6:50 PM
K-3rd Outside Play: 6:50 PM- 7:20 PM
4th & 5th Small Group: 6:50 PM- 7:30 PM
K-3rd Small Group: 7:25 PM- 8:00 PM
4th & 5th Outside Play: 7:30 PM- 8:00 PM
Dismiss: 8:00 PM- 8:05 PM



Low Energy Game:

Supplies:

- several board games, card games, and puzzles
- upbeat music (optional)
- music player (optional)

Choose Games to Play

Say: It's nice to have some free time to just relax and play a quiet game with friends. Let's do that right now, and you can choose what to play!

- Invite kids to choose a game to play with friends.
- Have adult and teen helpers play with kids, too.
- If you'd like, play music in the background while kids play.
- After some time, gather kids in a circle to debrief.

Talk About It

Ask: • How does playing games help you rest?

Say: When we're tired or feeling stressed, sometimes it's nice to clear our minds and just have a little fun. And spending relaxing time with friends and family members can help us feel refreshed and rested.

Ask: • Tell about a friend or family member you like to relax with. What do you do together?

Say: God gives us rest. And even though we can't play a board game with God, he's a friend who is always with us.

Talk About Video:

Discuss and Watch “ZZZ...”

Say: God gives us rest. He brings us to quiet waters and green meadows when we need a break. We all need times to play and work—and times to rest.

But how much do you know about sleepy animals? Let's test your knowledge.

Shout out the answers when you think you know them!

Ask: • Which animals were you surprised to see on the list?

• Which animals did you expect to see but didn't?

• If you could, would you want to sleep as much as a koala? Why or why not?

• Why do you think some animals need so much sleep?

Say: We don't need as much rest as a koala or a python...but God gives us rest when we need it.

Deeper Bible:

Supplies

- Bibles
- paper
- markers
- sticky notes
- cross or picture of a cross*

Draw a Peaceful Scene

Say: Today, we're learning that God gives us rest. For David, that looked like a green meadow and peaceful streams. Your idea of a peaceful, relaxing scene might be different, so go ahead and draw a scene that feels peaceful and relaxing to you.

Distribute paper and markers, and allow time for kids to draw.

Say: The problem is, life doesn't always feel restful. We might feel busy with too much to do. Or maybe we're overwhelmed with worries and problems.

Let's see what that does to our peace.

Have kids think of worries, stresses, things that keep them busy, or anything else that takes away peace. Distribute sticky notes, and have kids write each thing that takes away peace on a separate sticky note and cover their peaceful scenes with the sticky notes.

Say: So how can God give us peace when life doesn't feel restful? When our peaceful scenes are covered up with all these stresses, where's our peace?

Let's dig in to that.

Dig Deeper

Say: We're going to look at three Bible stories that can show us what to do when life doesn't feel restful.

Read Luke 10:39-42.

Ask: • What was causing Martha to feel like life wasn't restful?

• What can you learn from Jesus' advice to her?

Say: Sometimes we take on burdens that were never meant for us. We expect too much of ourselves, and it takes away our peace. Cleaning and preparing food needed to happen, but Martha was preparing a "big dinner" with a lot of details. And she let worry take over! It sounds like she was overwhelming herself with things Jesus never expected from her.

Take a look at your sticky notes. If there are any things on there that you think Jesus or your parents don't really need you to take on, pull them off and throw them away. *Allow time.*

Say: Our next story is about Moses. Moses was leading the Israelites, God's people. Part of his job was listening to everyone's arguments and deciding what was right. But Moses' father-in-law, Jethro, had some good advice for him.

Deeper Bible: cont

Read Exodus 18:17-22.

Ask: • How would you sum up Jethro's advice to Moses?

• Why was it good advice?

Say: Moses needed to ask for help. He had too much on his plate to handle by himself! When we have too much, sometimes we can ask for help.

For example, if you wrote that you're stressed because math is too hard for you to figure out, you could ask your parent or teacher to help you with one-on-one tutoring. Look at your sticky notes. If there are things you could ask for help with, take the sticky notes off and stick them to the back of your paper. Allow time.

Say: Finally, let's take another look at Jesus' advice to us.

Read Matthew 11:28-30.

Ask: • What would it look like to exchange your heavy burdens for Jesus' light burdens?

Say: There are always going to be responsibilities and troubles in our lives. That will include things we can't just get rid of and no human can help us with. But we can still turn to Jesus for help! God gives us rest, so let's turn to Jesus now. Take the rest of the sticky notes off your picture, and take them to the cross.

Have kids stick their sticky notes all over the cross. Then have kids return to their pictures, which should now be revealed again.

*Ask kids to each place a hand on their pictures as you **pray:** Jesus, thank you for giving us rest. Help us remember to focus on the most important things, ask for help when we need it, and share our burdens with you. In your name, amen.*

Life Application:

Supplies

- green sheet or tablecloth*
- quiet worship music
- music player

Rest in Jesus' Presence

- Have kids sit on to the green sheet or tablecloth
- Have kids sit quietly (or lie down if there's enough room) and just enjoy Jesus' presence.
- As kids relax, play a quiet worship song.

Pray: Jesus, thank you for taking our heavy burdens and giving us rest. Help us find rest from our worries and troubles this week. In your name, amen.

Thank kids for coming, and encourage them to come back next week.

Activity Page with a Point:

Older Kids: Color a Coloring Page

Supplies Needed: Coloring Page, pencils, crayons

Say: Psalm 23 talks about how God is a shepherd. God gives us rest, like a shepherd helps his sheep rest and find food and water. And Jesus offers us rest when we feel tired or worried. Let's see how he can change our burdens into peace.

Distribute the activity pages and pencils. Kids will change one letter at a time to make new words until they get to the goal word.

Ask: • Did this activity page make you feel restful or not? Tell me more.

- What did you notice about changing these words?
- How can Jesus make these kinds of changes in our lives?

Say: Jesus invites us to bring him our worries, our busyness, and the things that make us feel upset. He offers us rest, calm, and peace! God gives us rest.

ANSWER KEY: BUSY/STUB/BEST/REST;

WORRY/ROWER/POWER/OPERA/RECAP/PEACE;

UPSET/TAPES/CAPES/PLACE/SCALE/CALMS