



LIVE IT OUT

next steps
IN DISCIPLESHIP

Impact Kids Fall 2025

Younger 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

Pray Psalm 23.
Read it and think about how God
has shown you rest.

Wednesday Group Schedule

Leaders Arrive: 6:15 PM

Family Dinner: 6:30 PM – 6:50 PM

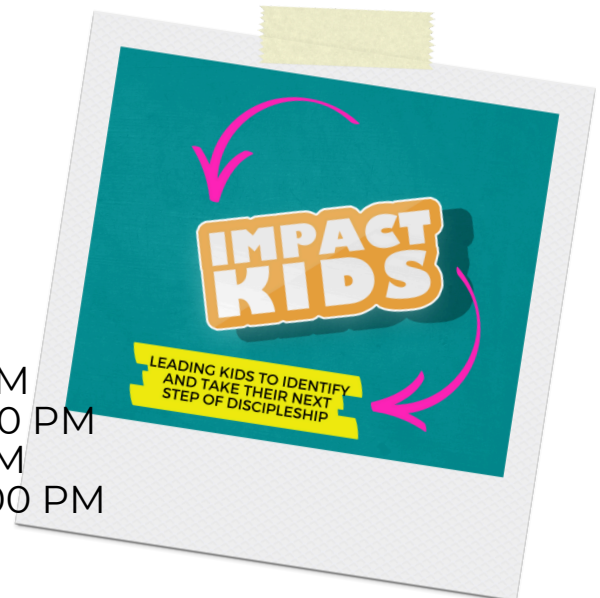
K-3rd Outside Play: 6:50 PM- 7:20 PM

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

- laundry baskets or large boxes (1 for every 10 kids)
- pillows or small blankets (1 for every 10 kids)
- ping-pong balls (1 per child)
- upbeat music
- music player

Easy Prep

Put a pillow or blanket in each laundry basket or box.

Help Ping-Pong Balls Rest

Say: Today we're learning God gives us rest. Sometimes we need help finding a good place to take a break and rest. Let's pretend these ping-pong balls are tired from bouncing all day. Bounce a ball a couple of times. They need a nice place to rest, so let's help them get to a place they can rest. Show kids a basket.

- Form groups of 10 kids, and have them sit down in a circle. Place a basket or box in the center of each circle.
- Give each child a ping-pong ball.
- Start the music, and encourage kids to try to throw or bounce their balls into the basket. If a ball misses the basket, the nearest child can grab it and try to get it in.
- Continue playing until all the ping-pong balls have come to rest in the basket. If time allows, redistribute the ping-pong balls and play again.

Say: We helped our ping-pong balls find rest. God helps us when our hearts need rest. God gives us rest.

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

- Bible
- bulletin board paper (1 large piece for every 5 or 6 kids)
- crayons
- image of Jesus

Talk About Burdens

Say: The Bible promises that God gives us rest. When our hearts are sad or afraid, we can talk to God about it. Listen to this. Read aloud 1 Peter 5:7.

Say: God loves us so much that he sent Jesus to be our friend. Jesus takes care of us when we're sad.

Share some things that make you sad. It might be hearing unkind words, losing a job, or not getting picked for a sports team.

Ask: • Tell me about things that make you sad. Kids may say a friend moving away, a pet dying, or not getting to go out for ice cream after church.

Say: Jesus takes care of us when we're afraid, too.

Share some things that scare you. It might be snakes, high places, or talking in front of a large group of adults.

Ask: • Tell me about things that make you afraid. Kids may say thunder, the dark, or big dogs.

Give Burdens to Jesus

Say: Let's draw pictures of things that make us sad or afraid. Then we can take them to Jesus.

- Help kids form groups of five or six. Give each group a large piece of bulletin board paper, and set out crayons to share.
- Encourage kids to draw on the paper pictures of things that make them sad or afraid.

After kids have finished their pictures, say: Jesus promises that he'll always be with us, especially when we're sad or scared. He wants us to share those things with him so he can give our hearts rest. Let's take those things to Jesus right now. *Help kids work together to roll up their papers and take them to the image of Jesus. Encourage kids to put the papers under or in front of the picture.*

Say: Jesus loves us so much. He wants to help us with hard things. He wants to help our hearts rest. Let's thank Jesus that he gives us rest, even when we're sad or afraid. Lead kids to pray and thank Jesus for giving them rest.

Deeper Bible: cont

Say: Now we're at school. Lead kids to pretend to walk off the bus.

Ask: • Who helps you learn and guides you at school? Kids may say the teacher, the principal, or a teacher's aide.

Say: Wow, we've had a busy day! Let's pretend to walk home. *Lead kids to walk around the room saying the rhyme again. Encourage them to stop and look both ways as they cross a "street."*

Ask: • Now let's pretend we're home. Who guides you and helps you know what to do at home? Kids might say their mom, a big brother, or a babysitter.

Thank God for Guides

Say: God puts lots of special people into our lives to take care of us and show us the way to go. God is always there to guide us, too, no matter where we go. That's a promise from the Bible. *Read aloud Psalm 32:8.*

Say: Let's pray and thank God that he always guides us and sends special people to watch over us, too. *Lead kids to pray and thank God for guiding them and sending people*

Life Application:

Supplies:

- restful worship song
- music player

Lie Down and Close Eyes

Say: Today we learned God gives us rest. Let's take a moment to rest right now. Lead kids to lie down in a comfortable position and close their eyes.

Say: Sometimes we play all day and get so tired. Rest can be a great thing! Listen to this song about God and remember God gives us rest. *Turn on the worship song, and encourage children to rest.*

Pray

Say: Rest is so nice! Let's thank God for rest. *Lead kids in a brief prayer, thanking God that he gives us rest.*

Say: I'm so happy you came to church today! I hope to see you again next week!

Activity Page with a Point:

Younger Kids: Color a Coloring/Activity Page

Supplies Needed: Coloring Page, pencils, crayons,

Distribute the coloring pages and 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 color some sheep finding rest.

Allow time for kids to color.