



KIDS TAKE HOME SHEET : BEING CHALLENGE KIDS

WEEK 5: STOP FOR SOLITUDE

MEMORY VERSE

Be still and know that I am God. Psalm 46:10

BIBLE VERSES

In repentance and rest is your salvation, in quietness and trust is your strength. Isaiah 30:15

Find rest, O my soul, in God alone. Psalm 62:5

“A time to be silent and a time to speak.” Ecclesiastes 3:7

The Lord is my shepherd; I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. Psalm 23:1-3

MAIN IDEAS

- Jesus made time to be alone at different times and places.
- Solitude helped Jesus do all that he needed to do.
- We can practice spending with God when we are alone.



DEAR PARENTS,

This is the most challenging habit of Jesus. Solitude is anything but natural and takes some explaining. We got to practice some different types of “quiet and still” activities today. Jesus practiced solitude all the time in the Bible. It is important that we know even when we are not around people, we are never alone. Jesus is always with us and is always talking with us. He will direct our paths when we need wisdom.

CHALLENGE:

Practice some solitude this week. This can be a very simple exercise: 30 seconds to 5 minutes is all it takes, depending on the age and ability of your child.

As a family, relax in a calm room. Put on some Christian meditation music. Set a timer and see if you can go a minute! If you do it again, double your time. Try to work up to 5 minutes. This is also a great activity to do before bedtime.