



# WHAT DID JESUS DO



# Group Time Guide

Supplies Needed: Two cones, paper, markers.

## 1. Getting Started

Ask kids: Would you rather be all alone, or with a big group of people?

## 2. Discussion Questions

- What do you think Trixie is struggling with? Is there anything she could do to make her life easier? (It could help if she slowed down and talked to God.)
- Have you ever felt like you needed to slow down, or take a break? When?

## 3. Hands-On Option

**Look Up and Read:** Psalm 37:7. This verse is about being still, and waiting for God, even when bad things are happening around us.

**Do This:** Give each kid a piece of paper and a marker. Set the cones about ten feet apart. Their challenge is to run between the cones, and at the same time, to draw their house. They must be running and drawing at the same time. Make sure they stay in the area of your small group.

**Discuss:** What would have made that easier? (Holding still.)

**The Point:** Sometimes, the best thing we can do is just hold still. When we are quiet and still, we can do things that we can't do if we're in a hurry or always worried. Part of getting to know God means just being quiet and still and thinking about him. Spending just a couple minutes with God, being still during the day can change the way we see the world around us.

**Discuss:** When would be a good time for you to be still and quiet with God for about 3 minutes?

## 4. Wrap-Up and Prayer

**Ask:** What's something you're excited about right now? What's something you would like God's help on?

**Do This:** Pray with the kids.