

PAUSE  
REJOICE



ASK  
YES

## PAUSE

MARY + MARTHA (LUKE 10:38-42)

PSALM 63



***When we pray,  
we pause to focus on Jesus,  
who is with us.***



### KEY VERSE

I cling to you, your strong right hand holds me securely.

Psalm 63:8

## FAMILY NOTES

- Reminder that these come out every second Sunday when our River Kids Video is out
- Check out the app Lectio for Families for more great opportunities for family discipleship
- We have some exciting things coming up at Christmas to bring Jesus into your homes including a Advent prayer resource and host a Christmas party initiative. Stay tuned!

## PRAYER EXERCISE

### PAUSE - Breathe Prayers + Playtime with Jesus

Take the time to set the kids up to get comfortable and slow the pace down. You may want to get them to spread out, lie down and dim the lights. .

Ask them to take a deep breath in and out.  
Then on the next one, ask them to say in their heads as they breath in (Jesus)  
And as they breath out (Here I am!).  
Have them do that 5 times.

*Then ask them to use your imagination to be with Jesus:  
'Now I want you to use your imagination to help you spend time with Jesus. He loves spending time with you in prayer and there is no wrong way to do this. Try picture Jesus playing with you in a place you love, doing something you love. For example, you might be playing in the sand at the beach at your holiday home.*

*Pause to let them do that for at least 30 secs*

Is there anything you want to say to Jesus? Why don't you ask Jesus if there is anything He wants to say or do?

*Pause and leave another 30 secs.*

Thank you Jesus you love to be with us and for the gift of prayer. Amen! *Don't forget to chat out what they did!*

## EXPLAINING PAUSE

### OBJECT LESSON - CAN YOU SEE?

Print off these [two spot the difference pages](#) on A3 and have the kids see if they can spot the differences on the first one altogether. Then get the second one out but this time, keep moving it around instead of holding it up still so its hard for the kids to focus and pay attention. Let them complain they can't see or do it when its like that.

Explain that is what we mean by PAUSING to pray. Sometimes our thoughts are moving and all over the place, and its great to just pause and focus on our attention. It helps us hear from Jesus and for our pray time to be a rich conversation.

## LECTIO ON THE PSALM

Let's look at our Pause Psalm! Psalm 63

Lead them through Lectio Divina steps:

1. Pray that God would speak to us
2. Read through once
3. Pause and be quiet for 10 seconds and then go around the circle and each person share the word or phrase that stood out to them without explaining why (they could all highlight it too)
4. Read it through again
5. Have 30 seconds - 1 minute of quiet for the kids to 'ponder' what their phrase might mean. *You may want to use the calm jar you made to act like a timer.* Explain its okay if they think of other verses / concepts and things. That is Holy Spirit making connection.
6. Thank Jesus for speaking and this time.
7. Share about what God drew their attention too.
8. Have everyone fill in the question at the bottom of the booklet, 'What does this bible passage tell me about PAUSING in prayer?'