

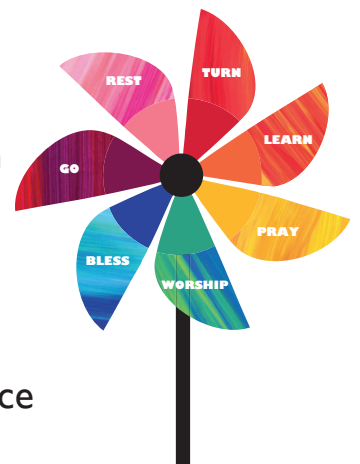


# THE BIG WAY OF LOVE FOR KIDS

The **BIG** Way of Love for Kids comes from the Way of Love, a set of seven practices in The Episcopal Church that help us all to look, live, and love more like Jesus.

Together, we:

- TURN** to Jesus
- LEARN** about him
- PRAY** to God
- WORSHIP** God
- BLESS** friends
- GO** out in love
- REST** in God's grace



*A discipleship resource for kids & their beloved communities*

THE *Episcopal* CHURCH 

brought to you in partnership with  Forward Movement



# DEAR KIDS,

Jesus loved to be with children.

He told grown-ups that when we welcome you into our lives, we welcome him.

So we're excited to share **The BIG Way of Love for Kids**: a set of cards and activities to help you to follow Jesus and his Way of Love.

You can play with these cards in so many ways! That's good, because we never stop learning and playing as followers of Jesus.

You can play alone, with your friends, or with the grown-ups in your life.

You can pick any card you like or focus on cards of one practice at a time. They're not like homework. These practices are a way of life!

Each page has something special, just for you:



## SAY it

a story from the Bible  
to read or hear



## PRAY it

hopes and concerns to  
share with God



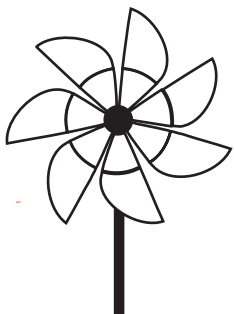
## LIVE it

a game or activity to try

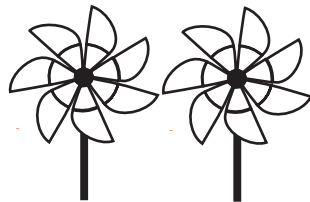


Some pages also come  
with a special Bible story  
that you can listen to.  
Look for the code your  
grown-ups can scan.

On the front of each page, you will find one or more pinwheel symbols. How many pinwheels do you see?



= getting started



= next level



= all the way

We hope this offering helps you to become your **BIG** self—the beloved child God created you to be.

# LOVE,

*Your Episcopal Church Family*

# WELCOME



**SAY** it

**PRAY** it

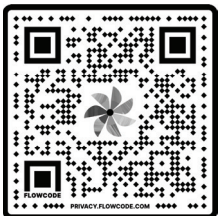
**LIVE** it

*John 13:3-5, 33-35  
(paraphrase)*

Listen to the story: "Jesus Washes the Feet of His Disciples."

Jesus has a meal with his friends. To show his love, he kneels at their feet, washes and dries them. Then he says, "This is how people will know that you are my followers and my friends—by the way you love one another."

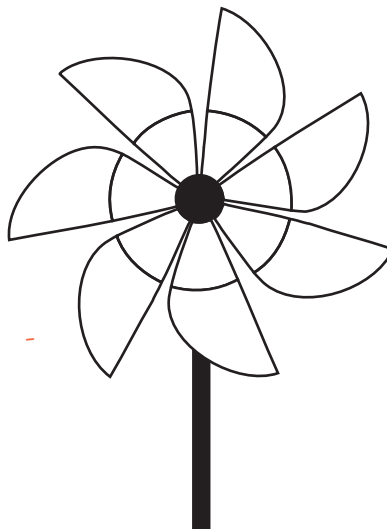
*If you close your eyes, how do you picture this story?*



Hi, God.

Thank you for loving everybody and me.

Amen.



**Tea Party**

Have a tea party with your friends, your family, or your stuffed animals. The food can be pretend or a simple snack.

Practice saying only kind things to one another. Like, what do you like about each of your guests? Or, how do they make your life better? Ask each other, "What makes you feel loved?"

When you're finished, you can wash each other's feet—for real or pretend.

[iam.ec/bigwayoflove](http://iam.ec/bigwayoflove)

# WELCOME



**SAY** it

**PRAY** it

**LIVE** it

*Genesis 1:25-27  
Common English Bible*

God made every kind of wildlife, every kind of livestock, and every kind of creature that crawls on the ground. God saw how good it was. Then God said, "Let us make humanity in our image to resemble us so that they may take charge of the fish of the sea, the birds in the sky, the livestock, all the earth, and all the crawling things on earth."

God created humanity in God's own image,  
in the divine image God created them,  
male and female God created them.

*What words dance in your heart from this song?*

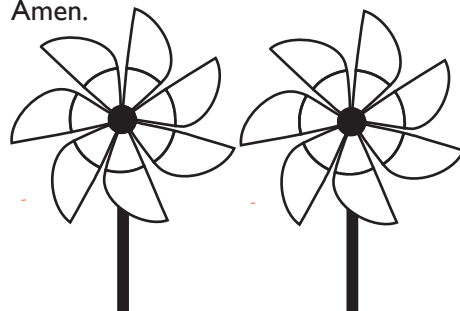
Dear God,

You created all of us in your image. Wow, we all look like God! That's amazing. Help me see you in each person I meet.

When I forget, please remind me that you will never love any of us less, and you will never love any of us more. We are perfect exactly as we are because you made us.

Thank you.

Amen.



**Spreading Love**

How can you show your family, friends, or teachers that you love them? Here are some ideas:

- Offer to help with the dishes or trash or another household chore.
- Draw pictures and give them to the people you love.
- Write notes telling your loved ones what you love about them.
- Give someone you love a smile and, if you feel like it, add a hug, a high-five, or a fist bump!

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# WELCOME



**SAY** it

**PRAY** it

**LIVE** it

## *Mark 12:28-31*

One of the scribes asked Jesus, "Which commandment is the first of all?"

Jesus answered, "The first is, 'Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this, 'You shall love your neighbor as yourself.'"

"There is no other commandment greater than these."

*What does this story make you want to do?*

Eternal God, who created all things out of love, we thank you for the gifts of life and faith; open our hearts to receive your love so that we might become like Jesus, loving ourselves and our neighbors just as you love us; through your many names we pray.

Amen.

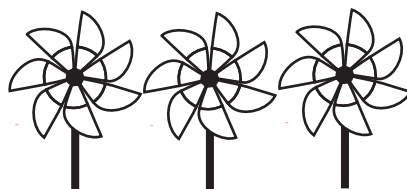
*(Common Prayer for Children and Families, p. 17)*

## **Being Loved**

Jesus loves you for who you are, just as you are. Today, take a moment to look yourself in the eye (use a mirror) and tell yourself all the great, cool, lovely things about YOU.

Or draw a picture of yourself doing and being all those great, cool, lovely things.

Ask Jesus: "What do you love about me?" Imagine him naming the things God really loves about you, since you are God's creation.



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# T U R N

*and choose to follow Jesus.*



**SAY** it

**PRAY** it

**LIVE** it

*Luke 15: 11-32 (paraphrase)*

Listen to the story:  
"The Disobedient Son and the Forgiving Father."

A son didn't want to follow his father's rules, so he left home. At last, he returned to say he was sorry. His father welcomed him with open arms, saying, "My son was lost, and now he's found!"

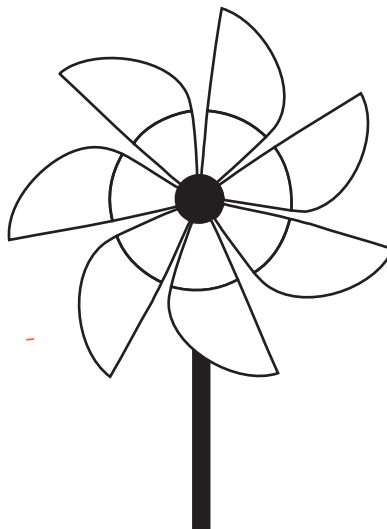
*How does this story make you feel?*



Hi, God.

I love you.

Amen.



**The Opposites Game**

You can play this game anywhere, because all you need is your words and imagination!

The first person picks a word. The next person has to name its opposite. (*Things like: up/down, happy/sad, soft/hard.*)

Next level: Name a way of behaving that isn't so great, and find its opposite. For example, if someone says: "When someone falls on the playground, I point and laugh at them," the opposite could be, "When someone falls, I ask if they're okay, help them up, and invite them to play."

[iam.ec/bigwayoflove](http://iam.ec/bigwayoflove)

# T U R N

*and choose to follow Jesus*



**SAY** it

**PRAY** it

**LIVE** it

*Psalm 51:10-12*

Create in me a clean heart, O God,  
and put a new and right spirit  
within me.

Do not cast me away from  
your presence,  
and do not take your holy Spirit  
from me.

Restore to me the joy of  
your salvation,  
and sustain in me a willing spirit.

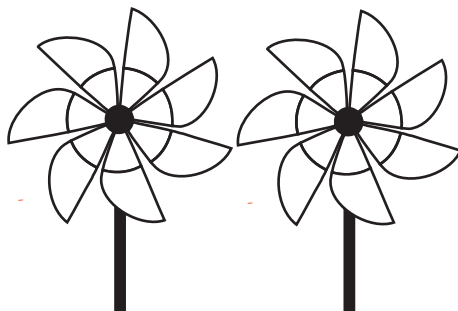
*What words dance in  
your heart from this song?*

Dear God,

Thank you for teaching my heart to  
turn around, so that when I disappoint  
myself or someone else, I can say I'm  
sorry. I can offer to fix what I broke. I  
can turn my feelings and my body and  
try again.

Help me to listen to the voice in my  
heart that reminds me you are always  
there, always ready to welcome me  
home, always loving me.

Amen.



**Turning Stone**

Find a rock that fits comfortably in  
one of your hands. Holding the rock,  
think of a time recently when you did  
or said something that you knew was  
wrong, mean, or hurtful.

Now close your eyes, and squeeze  
that mistake into the stone in your  
hand. Squeeze hard, and give that  
mistake over to Jesus.

Place the rock in a bowl and pour  
some water over it. Now you are  
ready to turn back to Jesus and follow  
his Way of Love.

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# T U R N

*and choose to follow Jesus.*



**SAY** it

**PRAY** it

**LIVE** it

*Matthew 4:18-20*

As Jesus walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishers.

He said to them, “Follow me, and I will make you fishers of people.” Immediately they left their nets and followed him.

*What would you like to say to Jesus—or ask Jesus—about this story?*

O God, every day I get to choose how I will follow Jesus. I’m sorry for the ways I missed this chance today.

*(Name something from your day that you wish you could do over.)*

I turn my heart to you again, Lord Jesus.

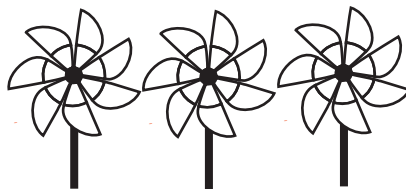
Amen.

**Jesus with Me**

Do you ever wonder what Jesus looked like, wore, and even ate?

Using any material, create an image of Jesus. Imagine how Jesus might look when you turn toward him. Is he smiling? Are his arms stretched out? Does he give you something? What does Jesus look like and what does he do?

Put your image of Jesus somewhere you will see it every day.



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# LEARN

*about the Bible and Jesus*



**SAY** it

**PRAY** it

**LIVE** it

*Luke 2: 41-52 (paraphrase)*

Listen to the story: **“Jesus Learns in the Temple.”**

Jesus and his family visit Jerusalem. Though he is just a boy, he stays in the temple with the great teachers, listening and asking questions. People seem surprised, but he asks his mother, “Didn’t you know that I would be here in the temple, my father’s house?”

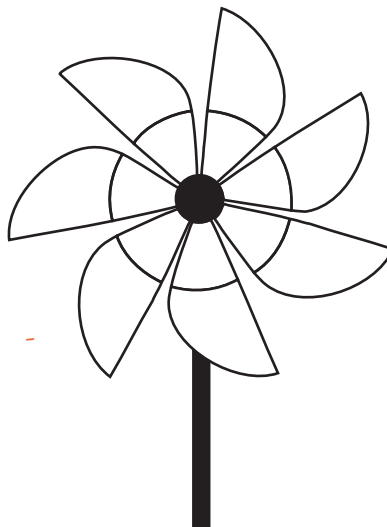
*If you close your eyes,  
how do you picture this story?*



Hi, God.

Thank you for the Bible.

Amen.



**What is Goodness?**

“Goodness” can look and feel different to everyone. Play this game at the breakfast or dinner table, in the car on the way to school, or with your friends. Notice that your answers may change from one day to another.

- What does goodness look like?
- What does goodness smell like?
- What does goodness feel like?
- What does goodness taste like?
- What does goodness sound like?

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# LEARN

*about the Bible and Jesus*



**SAY** it

**PRAY** it

**LIVE** it

*John 14:7, 23*  
*Common English Bible*

Jesus said to his disciples, "If you have really known me, you will also know the Father. From now on you know him and have seen him."

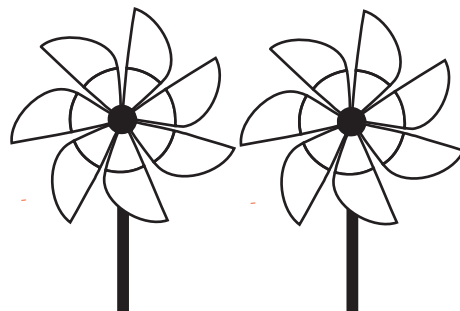
"Whoever loves me will keep my word. My Father will love them, and we will come to them and make our home with them."

*What would you like to say to Jesus—or ask Jesus—about this story?*

God, your story is my story, too. I pray today that you will help my heart and mind understand what your teachings mean for my life.

Please guide me to people who can help me explore my questions about you and the world. Help me listen to the Spirit within me, so I can really follow Jesus, in whose name I pray.

Amen.



**What is Scripture?**

Scripture is what we call the words in the Bible. Do you have a children's Bible? If you don't have a children's or story Bible, ask your family, or the library, or someone at church if you can buy or borrow one.

You can also watch the stories of Jesus, and of God and God's people, told by Godly Play storytellers on YouTube at:  
[youtube.com/@TheGodlyPlayFoundation](https://www.youtube.com/@TheGodlyPlayFoundation)

Explore Scripture: it's God's story and your story!

[iam.ec/bigwayoflove](https://iam.ec/bigwayoflove)

# LEARN

*about the Bible and Jesus*



**SAY** it

**PRAY** it

**LIVE** it

*Wisdom 7:25-27*  
*Good News Translation*

Wisdom is a breath of God's power—a pure and radiant stream of glory from the Almighty... She is a reflection of eternal light, a perfect mirror of God's activity and goodness.

Even though Wisdom acts alone, she can do anything. She makes everything new, although she herself never changes. From generation to generation she enters the souls of holy people, and makes them God's friends and prophets.

*How does this passage  
make you feel?*

Almighty and everlasting God, you made the universe with all its marvelous order, its atoms, worlds, and galaxies, and the infinite complexity of living creatures: Grant that, as we probe the mysteries of your creation, we may come to know you more truly, and more surely fulfill our role in your eternal purpose; in the name of Jesus Christ our Lord.

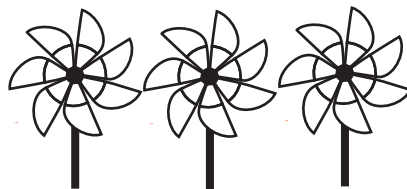
Amen.

*(The Book of Common Prayer,  
p. 827)*

**Memory Verse**

Once you start reading Scripture, find a short verse that makes you feel close to Jesus. (You might also ask your grown-ups for an idea.)

- Write the verse you've chosen on a note card or sticky note and put it on the bathroom mirror.
- Invite everyone in your family to learn the verse together until you can say it from memory.



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# PRAY

*and dwell with God*



**SAY it**

**PRAY it**

**LIVE it**

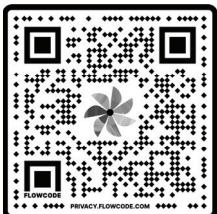
*Luke 11:1-4 (paraphrase)*

Listen to the story: "Jesus Teaches His Disciples to Pray."

We see that Jesus spent lots of time praying. His disciples ask him to teach them to pray, and he does.

He starts by saying, "Father, may we cherish your holy name. May your kingdom come to us here on earth."

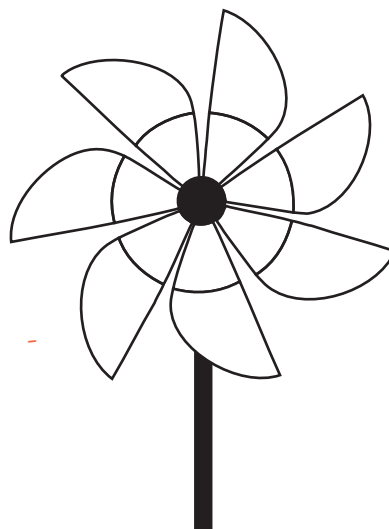
*What does this story make you want to do?*



Hi, God.

I am happy I can talk to you and hear from you anytime.

Amen.



**Helping Prayers**

Jesus taught us to pray together, and an important way to help others is through our prayers.

Notice when someone in your family, or a friend or neighbor, or even a stranger you see is having a hard time.

Stop and say, out loud or in your heart, "Jesus, please be with this person right now and help them."

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# PRAY

*and dwell with God*



**SAY** it

*Luke 22:39, 41-43*

The night before the authorities came for Jesus, he went out to the Mount of Olives, and his disciples followed him...

He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." And an angel from heaven appeared to him and strengthened him.

*What would you like to say to Jesus—or ask Jesus about this story?*

**PRAY** it

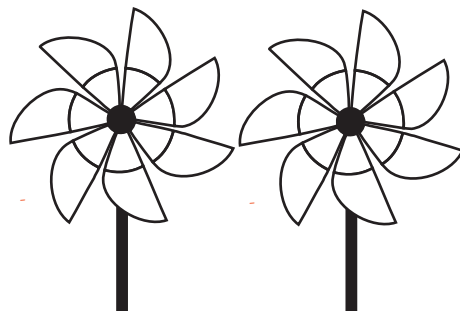
Dear God,

I'm so glad you are always listening—I can talk to you whenever I want. Today, I have some things to tell you and some questions to ask. (*What do you need to tell or ask God today?*)

Other people need your love, and I pray for them. (*Name the people you want to pray for.*)

Thank you that I can always come back and add more prayers, in the name of your son, my brother, Jesus.

Amen.



**LIVE** it

**Singing and Dancing Our Prayers**

Prayer does not have to mean sitting still and quiet. You can put on a favorite song, and let your dancing and singing be your prayer.

Play a song now that makes you feel like God is with you, especially when you sing and move your body.

# PRAY

*and dwell with God*



**SAY** it

**PRAY** it

**LIVE** it

*Psalm 23:1-2,4,6*

The LORD is my shepherd; I shall not be in want.

He makes me lie down in green pastures and leads me beside still waters.

Though I walk through the valley of the shadow of death,

I shall fear no evil, for you are with me;

your rod and your staff, they comfort me.

Surely your goodness and mercy shall follow me all the days of my life,

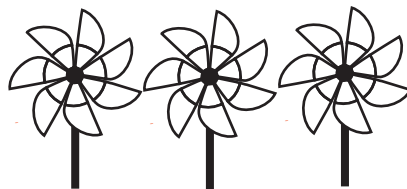
and I will dwell in the house of the LORD for ever.

*What words dance in your heart from this song?*

Prayer doesn't have to be hard. It just means talking to God, who loves to hear what we're thinking, feeling, and hoping. Try to pray to God now, with these simple steps:

- Say "thank you" for anything that is good.
- Say "I'm sorry" for anything you thought, did, or said that hurt someone.
- Ask God for "help!" with everything else.

Amen.



The words Jesus taught his followers are what we now call The Lord's Prayer:

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses, as we forgive those who trespass against us.

And lead us not into temptation; but deliver us from evil.

For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

Write out these words and decorate them. Hang your copy of The Lord's Prayer somewhere you can see it and pray it daily.

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# WORSHIP

*God in community*



**SAY** it

*Luke 24:13-16, 28-32  
(paraphrase)*

Listen to the story: "Jesus on the Road to Emmaus."

Two of Jesus's disciples are walking to a town called Emmaus. They are sad because he has died. Jesus comes to walk with them, though they do not know who he is.

They finally realize it is Jesus when he breaks bread, blesses it, and shares it with them.

*What would you like to say to Jesus—or ask Jesus—about this story?*

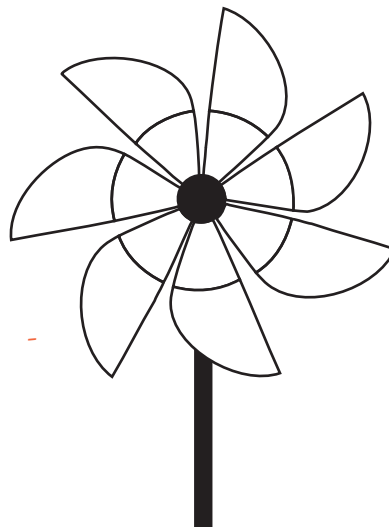


**PRAY** it

Hi, God.

You are great!

Amen.



**LIVE** it

**Church Happens Anywhere**

You are God's beloved child and can worship God wherever you are.

- Sing. Share your favorite songs (from church or not!) with God.
- Read a Bible story. What does it tell you about God?
- Pray. Thank God for good things in your life, ask for help for yourself and others, and say you're sorry for mistakes. God welcomes all prayers.
- Bless. Before you begin to eat, ask God to bless your food and you!
- Share love. Remember to carry God's love, and the Good News of Jesus, wherever you go.

[iam.ec/bigwayoflove](http://iam.ec/bigwayoflove)

# WORSHIP

*God in community*



**SAY** it

**PRAY** it

**LIVE** it

*Psalm 95:1-2,6-7*

Come, let us sing to the LORD;  
let us shout for joy to the Rock  
of our salvation.  
Let us come before his presence  
with thanksgiving  
and raise a loud shout to him  
with psalms.  
Come, let us bow down,  
and bend the knee,  
and kneel before the LORD  
our Maker.  
For he is our God, and we are  
the people of his pasture and the  
sheep of his hand.  
Oh, that today you would listen  
to his voice!

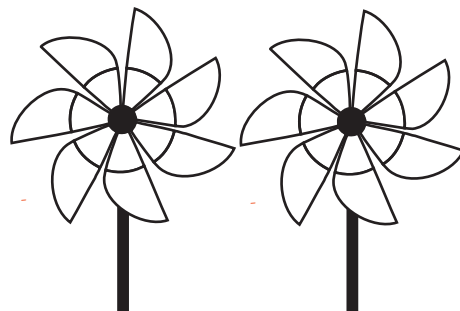
*What words dance in your  
heart from this song?*

God,

I'm glad we have so many ways to  
worship you: with singing, praying,  
reading the Bible, preaching, giving  
offerings, gathering with community,  
and just being quiet together.

Thank you for welcoming every-body  
to make a home in your house and  
for taking care of everyone who  
needs your love. Thank you for dwell-  
ing with us and showing us how much  
you love us. And when we forget, light  
up our spirits to remind us.

Amen.



**Seeing God Everywhere**

God is always with and within each of  
us. Even if we don't always recognize  
God's presence, we are never alone!  
God comes in unexpected ways and  
in unexpected places. Our job is to  
notice.

Think about your day. Was there a  
time when you felt God with you?  
Comforting you?

Make a list and thank God for being  
with you today.

[iam.ec/bigwayoflove](http://iam.ec/bigwayoflove)



# WORSHIP

*God in community*



**SAY** it

**PRAY** it

**LIVE** it

*Acts 2:42,44,46-47*

*Common English Bible*

The believers devoted themselves to the apostles' teaching, to the community, to their shared meals, and to their prayers.

All the believers were united and shared everything. Every day, they met together in the temple and ate in their homes. They shared food with gladness and simplicity. They praised God and demonstrated God's goodness to everyone. The Lord added daily to the community those who were being saved.

*What does this story make you want to do?*

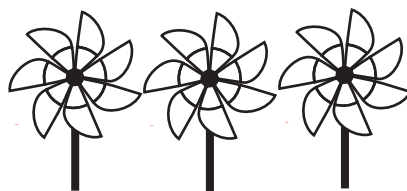
In our worship, we give thanks to God as the giver of all gifts.

Make a list of things you're grateful for today, saying "thank you" to God for each of them.

**Visit a Church**

You don't have to go to church to find God, but church is a place where a community comes together to be with God, and to pray for and with each other, often with music.

Do other people in your family, or your friends, go to church? Ask your grown-ups if you can go with them some time to see what it's like. If you cannot attend in person, you can sit with a family member and watch a church service on YouTube.



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# BLESSES

*others by sharing your faith,  
yourself, and your stuff*



**SAY** it

**PRAY** it

**LIVE** it

*John 6:1-13 (paraphrase)*

Listen to the story: "Jesus Feeds the 5,000."

Jesus is on the mountain and looks out at a crowd of 5,000 people. He asks the disciples how they can feed them all. A boy gives his bread and fish, and Jesus blesses it, breaks it and gives out enough to feed everyone.

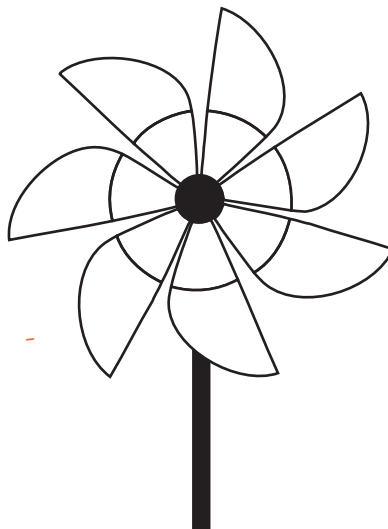
*If you close your eyes, how do you picture this story?*



Hi, God.

Please help me share with my family, friends, and others close to me.

Amen.



**Enough for Everyone**

It's good to practice sharing our blessings with others. Grab a snack with lots of pieces in the bag, and invite others (even your toys), to share:

- Wash your hands first.
- Open the bag and take one piece for yourself, then pass the bag around until everyone has taken one. Keep going until the bag is empty.
- If someone has more, talk about what to do with the extra.
- Bless the snack by saying, "God, thank you for this treat!"
- Enjoy your time together while you eat it.

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# BLESSES

*others by sharing your faith,  
yourself, and your stuff*



**SAY** it

**PRAY** it

**LIVE** it

*Matthew 5:15-16*

Jesus said: "People do not light a lamp and put it under the bushel basket; rather, they put it on the lampstand, and it gives light to all in the house."

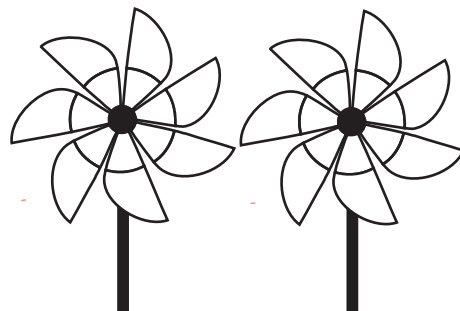
"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven."

*How does this story  
make you feel?*

God, thank you for the ways you bless me. I know you want me to bless others. Sometimes it's easy to think of ways to do that, and sometimes it's hard. Please help me to bless my friends and family with kindness and sharing.

I share all of these big blessing thoughts in the name of my brother, your son, Jesus.

Amen.



**Blessing Our Family**

Think of someone in your family who takes care of you. How can you bless them with your thanks and love?

- Draw them a picture or make a card.
- Offer to help them with some household chores.
- Invite them to sit down and rest while you read them a story.
- Rub soft lotion onto their hands. Maybe even trace a cross on their hands when you're done.

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# BLESSES

*others by sharing your faith,  
yourself, and your stuff*



**SAY** it

*1 Peter 4:8-11*

Above all, maintain constant love for one another, for love covers a multitude of sins. Be hospitable to one another without complaining. Like good stewards of the grace of God, serve one another with whatever gift each of you has received.

Whoever speaks must do so as one speaking the very words of God; whoever serves must do so with the strength that God supplies...

*What words dance in  
your heart from this passage?*

**PRAY** it

Lord, make us instruments  
of your peace.  
Where there is hatred, let us sow  
love; where there is injury, pardon;  
where there is discord, union;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.  
Grant that we may not so  
much seek to be consoled  
as to console;  
to be understood as to understand;  
to be loved as to love...

Amen.

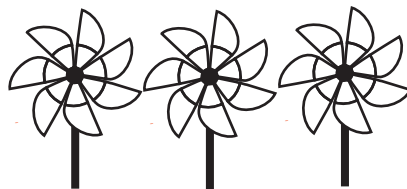
(The Book of Common Prayer, p. 833)

**LIVE** it

**Blessing Our Friends**

Think of someone at school who needs a friend. How can you bless them with your friendship?

- Ask how they are today.
- Ask what games they like to play— maybe you like the same game!
- Invite them to eat or play with you.
- Offer to share a toy, or give them your turn on something fun like the swing or the tablet.



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# GO

*to different people and places  
with love, like Jesus*



## SAY it

*Luke 4:14-15, 42-44  
(paraphrase)*

Listen to the story: "Jesus Announces His Mission."

Jesus goes home to Nazareth and enters the synagogue (his worship community). Jesus tells everyone God has sent him to bring good news and love to people who are poor, blind, and forgotten, and to those who have been hurt by others.

*What would you like to say to Jesus—or ask Jesus—about this story?*

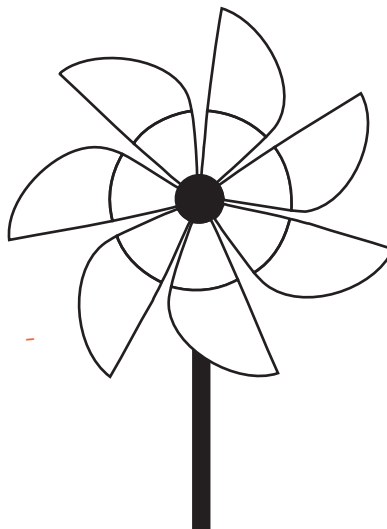


## PRAY it

Hi, God.

Please help me be kind to everybody, especially those who are different from me.

Amen.



## LIVE it

### Put on Your Traveling Shoes

Jesus traveled and discovered new people and cultures all the time. Would you like to travel to new places? Ask the grown-ups around you about traveling:

- What's the farthest you've ever been from here?
- What's your favorite place you've visited or lived?
- What was different about the places you traveled?
- How were the people in those places the same as us? How were they different?
- What did you learn from those new people and places?

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# GO

*to different people and places  
with love, like Jesus*



**SAY** it

**PRAY** it

**LIVE** it

*Micah 6:8*

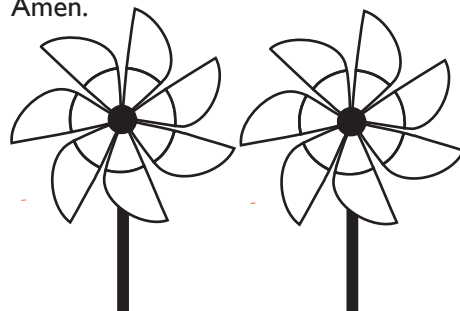
He has told you, O mortal,  
what is good,  
and what does the Lord  
require of you  
but to do justice,  
and to love kindness,  
and to walk humbly with your God?

*How does this story  
make you feel?*

Hi, God; it's me. I want to be like Jesus,  
and he always stood up for people  
who were treated badly because they  
might be different. Please help me to  
notice when people around me might  
feel left out. Help me to befriend and  
learn from people who are different  
from me.

When I feel nervous or anxious,  
remind me that you are always with  
me, and you're also with everyone  
else, too. Thank you for making all of  
us with such love.

Amen.



**Sharing**

It took courage for Jesus to talk about  
his big calling to live God's justice: to  
help people who are hungry to eat,  
help people who suffer to be free,  
help everyone know they are loved  
by God. Sometimes we need to be  
brave to share the Good News of  
God's love, too.

Draw pictures and retell your favor-  
ite stories about Jesus. Where would  
you show up in the story, if you were  
with Jesus?

Give your stories to your family and  
friends, or anyone you think would  
like to know about Jesus.

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# GO

*to different people and places  
with love, like Jesus*



## SAY it

*Acts 2:1-2, 4-6  
Common English Bible*

When the day of Pentecost came, all the believers were gathered together in one place. Suddenly there was a noise from the sky which sounded like a strong wind blowing, and it filled the whole house where they were sitting. They were all filled with the Holy Spirit and began to talk in other languages, as the Spirit enabled them to speak.

*If you close your eyes, how do you picture this story?*

## PRAY it

God of Love, gather all people as one human family. Guide our community, our country, and the world. Help us to be kind to all people, creatures, and the earth. Be with all people who are sad, in need, or any trouble. May all who have died rest in peace.

Amen.

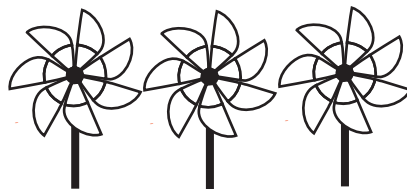
*(Common Prayer for Children and Families, p. 11)*

## LIVE it

### Love Like Jesus

It is not always easy to love like Jesus, is it? That's why we have to practice. Think about how you can be kind and safe, even when other people are not:

- Is there someone at school who isn't nice to you? Can you walk away instead of arguing with them? Can you ask an adult to help you talk to that person?
- Is there someone in your family who seems tired and stressed a lot? How can you show that person love?



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# REST

*in God's grace and peace*



**SAY** it

**PRAY** it

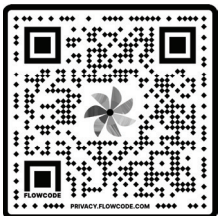
**LIVE** it

*Mark 4:35-41 (paraphrase)*

Listen to the story: "Jesus Calms the Sea."

Jesus and his friends travel across the waters, but then a storm hits. The disciples are scared, but Jesus tells the wind and sea to be still, and they obey.

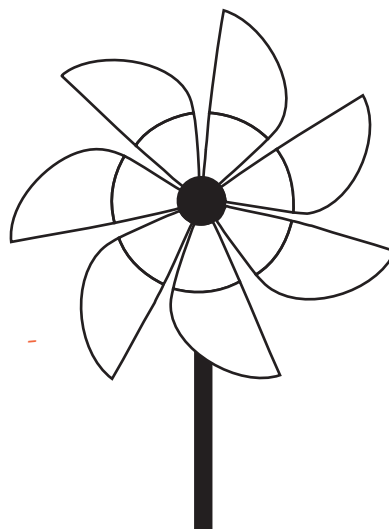
*How does this story make you feel?*



Hi, God.

Thank you for teaching me how to play, how to work, and how to rest.

Amen.



**Breathing with God**

When God created people, God filled their lungs with God's own breath. God then took a day just to rest and enjoy the world. God wants us to feel that breath, and to rest and enjoy creation, as well. Invite your family or friends to join you in this game:

- Lie down on your bed or the floor.
- Put a stuffed animal on your belly.
- Close your eyes and breathe into your belly—you should be able to feel the stuffed animal rising with your breath.
- Breathe out slowly, letting the stuffed animal slowly and gently sink down.
- When you feel like you're done, smile and say, "Thank you, God," and quietly get up.

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# REST

*in God's grace and peace*



**SAY** it

**PRAY** it

**LIVE** it

*Genesis 2:2-3  
based on NRSV*

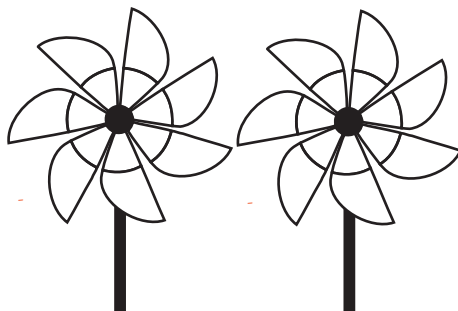
On the sixth day God completed all the work of creation, and on the seventh day God rested from all the work that God had done. God blessed the seventh day and made it holy, because on that day God rested from all work.

*What does this story  
make you want to do?*

Dear God, you showed us through your actions that rest is important. You invite me to snuggle with a pet, color on a page, listen to music, read a story, or just sit outside and be amazed at nature. These are ways to rest when I'm not sleeping.

Help me and my grown-ups to get good rest—and help us to feel close to you, surrounded in peace, when we rest.

Amen.



**A Time to Rest**

Sometimes it's hard to take time for rest because we want to keep playing, or it feels hard to make our bodies stop moving. God shows us that rest is important. Jesus even napped in the bottom of a rocking boat!

In the morning, before you get out of bed, take three deep breaths while you pray, "Good morning, God!"

In the afternoon, before dinnertime, try closing your eyes and breathing with God for one minute. Can you extend your quiet time to two minutes? Three minutes? How long can you breathe with God?

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# REST

*in God's grace and peace*



**SAY** it

*Matthew 11:28-30*

Jesus said: "Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

*What words dance in your heart from this story?*

**PRAY** it

Guide us waking, O Lord,  
and guard us sleeping;  
that awake we may watch  
with Christ,  
and asleep we may rest in peace.

Amen.

*(The Book of Common Prayer, p. 134)*

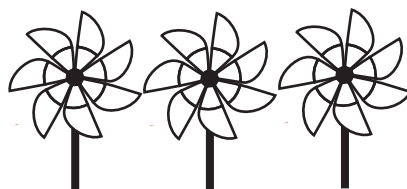
**LIVE** it

**Resting from Worry**

Rest is important for our bodies, and also for our minds and hearts. We might need to let go of a worry or say a fear out loud.

- Think about something that is making you sad or worried.
- Hold your cupped hands in front of your mouth.
- Whisper your trouble into your hands, as a prayer offered to Jesus.
- Take your hands from your face and open them to God.

Whenever you do this, God is helping to carry your sadness and your worries. You don't ever have to carry them alone.



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# ABOUT

## THE BIG WAY OF LOVE FOR KIDS

A formation resource for kids  
and their beloved communities

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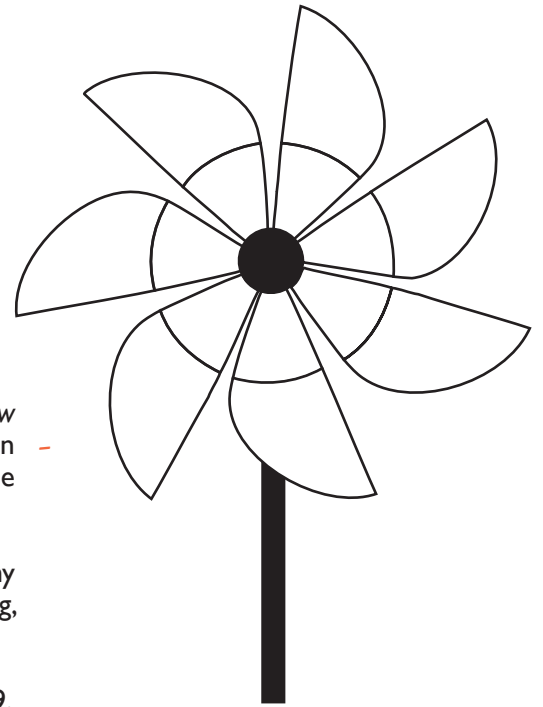
The Episcopal Church  
815 2<sup>nd</sup> Ave  
New York, NY 10017

The Old Testament, New Testament, and Gospels readings are from the *New Revised Standard Version Bible: Anglicized Edition*, copyright 1989, 1995, Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

Select prayers in “Welcome” and “Go” are from Jenifer Gamber and Timothy Seamans, *Common Prayer for Children and Families* (New York: Church Publishing, 2020), 11 and 17.

The Collects, Psalms, and Canticles are from *The Book of Common Prayer*, 1979.

Learn more about The BIG Way of Love for Kids and The Episcopal Church at: <https://iam.ec/bigwayoflove>



# MORE

For more, explore **The BIG Way of Love for Kids: Companion Resource for Grown-Ups:**  
[iam.ec/bigwayoflove](https://iam.ec/bigwayoflove)

Learn more about the Way of Love at  
<https://www.episcopalchurch.org/way-of-love>.

Watch the beautiful and engaging “Traveling the Way of Love” video series, which follows Episcopalians living out each of the practices in the Way of Love. Season 3 will be released at the end of June 2024.

You can print Way of Love cards that welcome teens and adults to take on a Jesus-centered life.

Listen to Presiding Bishop Michael Curry’s “Way of Love” podcast, where he engages conversation partners around their journey to follow Jesus, love their neighbors, and practice the Way of Love.

You will also find adult curricula for individuals and small groups, seasonal liturgical materials, and much more.

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