

*A formation resource for kids
 & their beloved communities*

THE BIG WAY OF LOVE FOR KIDS



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

- = getting started
- = next level
- = all the way

How many pinwheels do you see?

white pinwheel symbols.

On the front of each card, you will find one or more

grown-ups in your life.

You can play alone, with your friends, or with the

- 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



Each card in this deck has something special, just for you:

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.

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

LOVE,

Your Episcopal Church Family

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.

The practices in these cards are the same ones adults use to follow Jesus in the Way of Love.

Together, we:

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



Each color goes with one of the practices in the Way of Love. You can pick any card you like or focus on cards of one color at a time.

They're not like homework. These practices are a way of life!

WELCOME

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

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?"

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

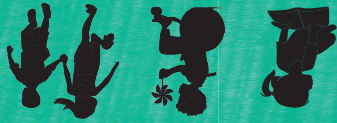
Tea Party



LIVE it



WELCOME



PRAY it



Hi, God.

Thank you for loving everybody and me.

Amen.



WELCOME

SAY 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?

WELCOME





WELCOME

WELCOME

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!

Spreading Love

LIVE it!



SAY 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 story?

WELCOME

PRAY it



Dear God,

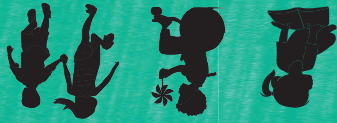
You created all of us in your image. Wow, we all look like God! That's amazing. Help me see you in each person I meet.

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.

WELCOME



WELCOME

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

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

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.

Being Loved

LIVE it!



WELCOME



SAY 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?

WELCOME

PRAY it



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)

WELCOME

TURN

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."

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

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

The Opposites Game



LIVE it!



PRAY it



Hi, God.

I love you.

Amen.

TURN



SAY 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?

TURN

TURN

and choose to follow Jesus





TURN

and choose to follow Jesus

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.

Turning Stone



LIVE it



SAY 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?*

TURN



PRAY it

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.

TURN

TURN



TURN

and choose to follow Jesus

TURN

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

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?

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

Jesus with Me



LIVE it!



SAY 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?

TURN



PRAY it



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.

TURN

LEARN

- 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?

“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 is Goodness?



LIVE it

PRAY it



Hi, God.

Thank you for the Bible.

Amen.

LEARN



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?*

LEARN

LEARN

about the Bible and Jesus



LEARN

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

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)

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.

What is Scripture?



LIVE it



LEARN

about the Bible and Jesus

PRAY it



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.

LEARN

SAY 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?

LEARN



about the Bible and Jesus

LEARN

- 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.

Memory Verse

LEARN



LIVE it



SAY 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?

LEARN



PRAY it



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)

LEARN



and dwell with God
PRAY

PRAY


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."

Helping Prayers

LIVE it



SAY 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?

PRAY

PRAY it



Hi, God.

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

Amen.

PRAY

PRAY

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

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.

Singing and Dancing Our Prayers



LIVE it



and dwell with God

PRAY



PRAY it



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?

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.

PRAY

PRAY

PRAY

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

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.

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



LIVE it!



and dwell with God

PRAY



PRAY it



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.

PRAY

SAY 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?

PRAY



WORSHIP

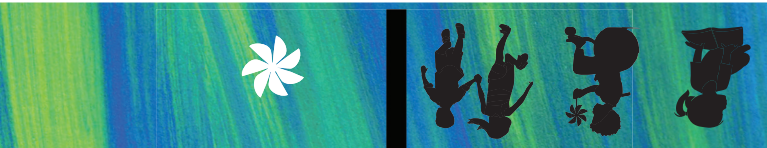
- You are God's beloved child and can worship God wherever you are.
- Sing. Share your favorite songs (from church or not) with God.
- Read a Bible story. What does it tell you about God?
- Pray. Thank God for good things in your life, ask for help for yourself and others, and say you're sorry for mistakes. 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.

Church Happens Anywhere



God in community

WORSHIP



PRAY it



Hi, God.
 You are great!
 Amen.

WORSHIP

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?

WORSHIP

WORSHIP

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.



LIVE it!



WORSHIP

God in community

SAY 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?*

PRAY it



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 dwelling with us and showing us how much you love us. And when we forget, light up our spirits to remind us.

Amen.

WORSHIP

WORSHIP



God in community

WORSHIP

WORSHIP

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.

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.

Visit a Church

LIVE it



SAY 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?*

PRAY it



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.

WORSHIP

WORSHIP

BLESS

- 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.

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:

Enough for Everyone



LIVE it

BLESS

PRAY it



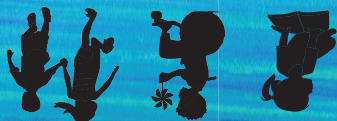
Hi, God.

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

Amen.

BLESS

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



SAY it



John 6:1-13 (paraphrase)

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

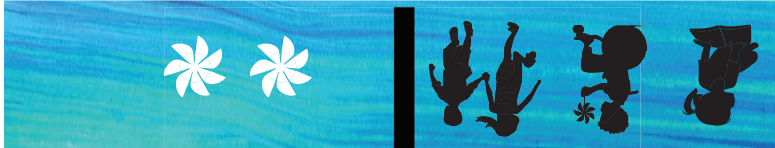


Jesus is on the mountain and looks out at a crowd of 5,000 people. He asks the disciples how they can feed them all. A boy gives his bread and fish, and Jesus blesses it, breaks it and gives out enough to feed everyone.

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

BLESS





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

BLESS



SAY 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?*

BLESS



PRAY it



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.

BLESS



LIVE it

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

Blessing Our Family

- 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.

BLESS

BLESS

- 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.

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

Blessing Our Friends



LIVE it



others by sharing your faith, yourself, and your stuff

BLESS

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)

BLESS

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?

BLESS



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

GO

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

Put on Your Traveling Shoes



LIVE it!

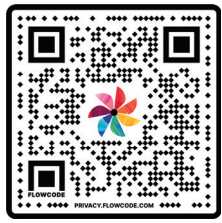


SAY it



*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?*

GO



PRAY it



Hi, God.

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

Amen.

GO



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

GO

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

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

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.

Sharing

GO



LIVE it



SAY 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?

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

GO



PRAY it



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.

GO



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

GO

GO

- Is there someone in your family who seems tired and stressed a lot? How can you show that person love?
- 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 at school who isn't when other people are not: about how you can be kind and safe, even it is not always easy to love like Jesus, is that's why we have to practice. Think about how you can be kind and safe, even when other people are not:

Love Like Jesus

LIVE it!



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?

GO

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)

GO



REST

in God's grace and peace

- 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.

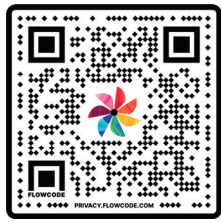
When God created people, God filled their lungs with God's own breath. God then took a day just to rest and enjoy the world. God wants us to feel that breath, and to rest and enjoy creation, as well. Invite your family or friends to join you in this game:

Breathing with God



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?

REST



Hi, God.

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

Amen.

REST

REST

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In the afternoon, before dinner time, 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?

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

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!

A Time to Rest



LIVE it



in God's grace and peace

REST



SAY 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?*

PRAY it



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.



REST

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

- 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.

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.

Resting from Worry



LIVE it



in God's grace and peace

REST



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)

REST



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?

REST



THE WAY OF LOVE

ADDITIONAL RESOURCES FOR EPISCOPAL DISCIPLESHIP AND EVANGELISM

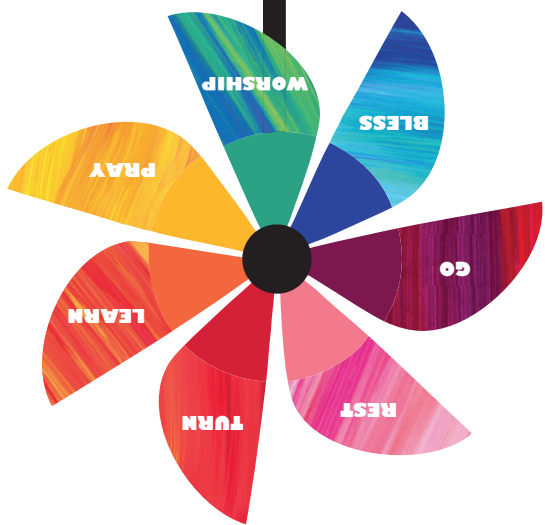
Learn more about the Way of Love at <https://www.episcopalchurch.org/way-of-love>. Watch the beautiful and engaging "Traveling the Way of Love" video series, which follows Episcopalians living out each of the practices in the Way of Love. Season 3 will be released at the end of June 2024.

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.

iam.ec/wayoflove



MORE

THE BIG WAY OF LOVE FOR KIDS

A formation resource for kids and their beloved communities

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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>

ABOUT

ADULT GUIDE

We are thrilled to offer this resource for kids and the adults who love them, especially those who are looking for new and creative ways to follow Jesus and love our neighbors.

We know that time and love are your most precious resources, and we also know there's a lot of hustle and bustle involved in nurturing, raising, and loving our kids. So we've put together a deck of cards that contain simple lessons about Jesus and his Way of Love. Share them with the children in your life or ministry, whether you are a parent, caregiver, Sunday School teacher, godparent, or other guide in children's lives.

How might you use the cards? Invite a child to try it alone or with other kids, or sit with the child to talk and play with the cards together. Feel free to talk about the cards in carpool, during bedtime or at mealtime, on your way to the playing field, piano, ballet, or Scouts. Especially today, formation to live and love like Jesus happens in a lot of places and moments, not just on a Sunday morning.

For more, explore The BIG Way of Love for Kids: Companion Resource for Grown-Ups:

iam.ec/bigwayoflove