

Relaxation Activity

Jesus traveled around a lot to teach crowds of people important things about God. In the Gospel of Matthew, Jesus teaches about listening. Let's do an experiment. Turn the TV on and a radio on or multiple radios if you have them and turn the volume up. Now try talking to your parent(s). If there is a lot going on it's difficult to concentrate and listen.

John the Baptist came to teach people about Jesus, but the people didn't listen because they were so busy listening to all kinds of other people, worrying, and doing other things. If we listen to Jesus, we can hear that he promises a life filled with love, rest, and peace for all people. Jesus promises to be with us, to take our worries, and give us rest. Let's take a minute and listen for the quiet. Let's listen for Jesus.

Let's Take Some Time to Relax!

Close your eyes and relax.

Breathe slowly in through your nose and out through your mouth.

As you breathe in, whisper "Loving Jesus".

As you breathe out, whisper "give me rest".

After a minute or two, close with
Amen.