

Activity: Attitude of the Heart Work and Rest Series



Teaching Goal: Attitude can make the same activity work or rest.

Scriptures: Ecclesiastes 2:17 So I hated life, because the work that is done under the sun was grievous to me. All of it is meaningless, a chasing after the wind.

Ecclesiastes 5:18 Then I realized that it is good and proper for a man to eat and drink, and to find satisfaction in his toilsome labor.

Materials: Magazines
Scissors, glue, markers
Poster board

- I. Play theme song
- II. Pray
- III. Review last lesson
- IV. Lesson and discussion

☺ Words that are written in **bold** are when you, the parent, are speaking. Feel free to use your own words.

A. Often, the difference between an activity being work or rest is the attitude of our hearts. What is work for one person may be rest for someone else. What is rest for me may be work for someone else.

Work definition: Physical or mental effort to overcome obstacles. It includes, but is not limited to, a job. Play is the job of children.

Rest definition: Stop physical and mental work. Take time to think, listen, be refreshed and worship. Not sleep or escape activities, such as television.

B. ACTIVITY: Pictures of work and rest. Each child selects a magazine. **Look through the magazine and decide which pictures make you think of work and which pictures make you think of rest. How many of the pictures make you think of work, and how many make you think of rest? Add up the number of pictures in each category. Are there more pictures of work or rest?**

Make a collage of pictures from the magazines that communicate work and rest. Explain how the pictures represent work and how the pictures represent rest.

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5511 S. Youngfield Street • Littleton, CO 80127 • 303-433-7010 • 1-866-433-7010 (Toll Free) • Fax: 303-972-0274

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While the children are making their collages, discuss why one activity might be work for someone and rest for someone else. For example:

A picture of fishing may communicate rest to one person. They think of peaceful hours casting their line while surrounded by the beauty of creation, listening to the soothing sounds of the water. For someone else, fishing is boring, uncomfortable and hard work trying to figure out what the fish will bite.

A picture of someone writing may communicate rest to a person who enjoys writing his or her thoughts and prayers in a journal. To someone else, the same picture may communicate difficult schoolwork.

A picture of a mother holding a baby may communicate rest to a person who sees the picture and thinks of a mother who is deep in thought, thankful for God's blessing and praying for her child. To someone else, the picture may communicate exhaustion from holding a crying baby.

Bring the message home by asking the children to list examples of times when they worked and times when they rested in the last three days. Is it easier to think of examples of work or rest?

V. Memorize

**Give God your best,
Balance work and rest.**

V. Close in Prayer

VI. Pass It On

Pray and ask God to bring to your mind another family that would benefit from this activity. Make an extra copy of this lesson and *pass it on*. You may also know a children's minister who would like to share this lesson with other families.