

## Activity: Slow Down and Listen

### Work and Rest Series



Teaching Goal: Take time to rest and listen to God. The loud noises in our daily lives may make it difficult to hear God speaking to us.

Scripture: I Kings 19:11-13 The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice {of the Lord} said to him...”

John 14:16 I will ask the Father, and he will give you another Counselor to be with you forever -- the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.

Luke 10:38-41

I Timothy 4:2

Materials: Tape recorder and tape  
Paper and pencil

In Advance: Using a tape recorder, tape familiar everyday sounds from around your house: squeaky door; garage door; toilet flushing; microwave; shower; fan; vacuum; rattling pots; doorbell; etc. Number the sounds.

- 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. Life is a balance of work and rest. God worked and He rested. God created us in his image, which includes working and resting. In the Ten Commandments, He also commands us to take a “Sabbath,” a rest.**

#### FAMILY TIME TRAINING

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**God has given us the Holy Spirit who lives in us and guides us (John 14:16). The Holy Spirit has been described as a “still small voice” telling us what God wants us to do. When we choose not to listen to the Holy Spirit, we can “sear” our ability to hear the still small voice (I Timothy 4:2). Do you know what “sear” means?**

**B. In the Old Testament of the Bible, there is a story about one of God’s prophets named Elijah (I Kings 19:11-13). God told Elijah to climb up a mountain where God would talk to him. While Elijah was on the mountain, there was a powerful wind that shattered rocks but God was not in the wind. Then there was an earthquake, but God was not in the earthquake. After the earthquake, there was a fire, and God was not in the fire. After the fire, there was a gentle whisper and God was in the gentle whisper. How do you think Elijah felt standing on the mountain during a strong wind, an earthquake and a fire? Scared, nervous, wondering if that was God. Why do you think God spoke to Elijah as a gentle whisper? Because we listen closely to whispers.**

**It is easy in our lives to get so busy that we do not take time to listen for guidance and wisdom from the Holy Spirit. Our busyness can be compared to the earthquake, strong winds and fire. God will guide us; he just wants us to listen.**

C. **ACTIVITY #1:** Play the tape and ask the kids to guess what sounds they hear. Play it through once without stopping, then play it a second time and have them guess what is making the sound for each number.

The third time, make a random list of the sounds you recorded (for younger children, you can draw pictures). Let them guess and try to match the sounds to the list.

**We hear these sounds all the time, almost everyday, but we no longer hear them because we are so busy that they have become screened out, background noises. We must take time to listen for the Holy Spirit’s voice so that God’s wisdom and guidance isn’t drowned out by our busyness.**

D. **ACTIVITY #2:** What are some ways we can slow down and listen to hear the Holy Spirit? Let’s make a list: sitting quietly for 5 minutes to listen to the thoughts in our heads, flying a kite, lying in the grass, fishing, listening to a Bible story and then thinking about that story.

Tell the story of Elijah on the mountain again. Let the children think about it for a few minutes, and ask if they have any new thoughts from the story.

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.