

SUNDAY OF THE CHURCH YEAR: Proper 11B

Please refer to Guidelines for Children's Addresses in Worship document produced by the LCA Department of Liturgics and Grow Ministries - download guidelines [here](#).



CHILDREN'S ADDRESSES

MAIN POINT

Learning about compassion and finding time to rest

SCRIPTURE FOCUS

The apostles gathered round Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.'

Mark 6:30-31

ADDRESS

What is a 'day off'? What do you do on a day off?

It's good to have days off. Everyone needs rest. Especially if you've been working really hard.

The Bible tells us Jesus worked really hard too. He was always so busy – healing the sick, visiting people, giving talks to large crowds, even doing miracles! I think that must have been exhausting!

In the Bible reading today, Jesus had been very busy. He'd been on a ministry tour with his disciples for so long, he could see they needed a rest. He said they should find a quiet place and rest awhile.

Have you ever come home from school or a busy day out and just flopped on the lounge, too tired to do anything? What if your Mum or Dad comes and says "you have to go clean up your room" or "it's time to do your homework"? Do you grumble about that? Or do you jump up and say "Yes, of course!"

In the Bible reading, as soon as Jesus and his disciples stopped to rest, a mass of people came running, asking for him to speak with them. What do you think Jesus did? Did he say, "Go away, I'm too tired!" or "I'll do it later"?

No! He cared for the people. He got up and started teaching them many things! He could see that the people were desperate for his teachings. So, he put his own needs aside, and chose to look after them instead of resting. Have you ever seen someone do that?

I can think of many people who work really hard and still put the needs of other people above their needs, just like Jesus did. I know doctors, and nurses, firefighters and police do that. I think mums and dads have done that too.

I think they deserve our thanks, don't you? Maybe you could write a letter of thanks to someone you know who works really hard to help other people. I'm sure they would be very grateful. We can thank Jesus when we pray that he is always there to help us.

PRAYER

Dear Jesus, thank you for looking after us, even when we demand so much, and there are so many people to help. You always find time to help me. Please help me find ways to thank others, especially my parents, for all their hard work and care for us. Help them find time to rest too. Amen.

You may wish to hand out *Growing Faith at Home, Worship Notes* or another resource before the children return to their seats.

For more information about Grow Ministries and other resources for ministry to children, young people and their families, please contact:

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