



*Finding Rest in Jesus (Luke 10:38-42, Matt 11:20-29)*

*Slowing Down – March 2, 2025*

**Nomophobia**

**No-mo-ph-obia = No mobile phone phobia**

**Jesus invites us to slow down in His presence**

Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. **Luke 10:38 NKJV**

And she had a sister called Mary, who also sat at Jesus' feet and heard His word. **Luke 10:39 NKJV**

But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." **Luke 10:40 NKJV**

And Jesus answered and said to her, “Martha, Martha, you are worried and troubled about many things.  
**Luke 10:41 NKJV**

**When we slow down in Jesus’ presence, He gives us rest**

Come to Me, all *you* who labor and are heavy laden, and I will give you rest. **Matthew 11:28 NKJV**

**When we slow down in Jesus’ presence, we find rest**

Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. **Matthew 11:29 NKJV**

For My yoke is easy and My burden is light.” **Matthew 11:30 NKJV**

**When we slow down in Jesus’ presence, we can savor God’s Word**

And Jesus answered and said to her, “Martha, Martha, you are worried and troubled about many things.  
**Luke 10:41 NKJV**

But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.”  
**Luke 10:42 NKJV**

**Are you living (most of the time) where your soul is at rest?**

[visitgracechurch.com/onevision](http://visitgracechurch.com/onevision)

**This week’s [OWNit365 New Testament Plus Plan:](#)**

March 2– Rev 17, Family Focus – Rev 17:7-14  
March 3 – Dan 7, Family Focus – Dan 7:13-14  
March 4- Reflection & Prayer  
March 5 – Rev 18, Family Focus – Rev 18:20-24  
March 6 – Rev 19, Family Focus – Rev 19:11-16  
March 7– Rev 20, Family Focus – Rev 20:11-15  
March 8– Rev 21, Family Focus –Rev 21:1-7

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March 2

[VISITGRACECHURCH.COM/KIDS](http://VISITGRACECHURCH.COM/KIDS)

NURSERY

## GOD HELPS US

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This month, we are learning about the Israelites who marched around the city of Jericho. God helped them and the walls fell after the 7th time marching around the city on the 7th day. Like God helped them. God helped us too!

Memory Verse: "God will help us." Genesis 21:22b (adapted for toddlers)

Parent Connect: Joshua and the army marched around the city 7 times on the 7th day. Practice counting to 7 this week and saying "God helps us when we need help."

GKJR

## JESUS IS GOD!

In In this series we will learn how Jesus is God through amazing miracles and through changed hearts!

Memory Verse: "Give thanks to the LORD for he is good! His faithful love endures forever." Psalm 136:1

Heart of the Lesson: Prodigal Son | Luke 15:11-32

Parent Connect: Today we learned about a son and a father. The son made bad choices but the father forgave him – just like God loves us and forgives us! Together with your kid, re-tell the Prodigal Son story with their Prodigal Son story wheel craft.

ELEMENTARY

# SSSSH

SLOWING DOWN - SABBATH - SCRIPTURE - SOLITUDE



God tells us in the Bible that in order to hear from him, we need the quiet. This month we are learning 4 ways to help us bring God's quiet into our lives: Slowing Down, Sabbath, Scripture, and Solitude.

Memory Verse: "Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." Matthew 11:28

Heart of the Lesson: Slowing Down | Luke 10:38-42

Parent Connect: Go through your daily schedule together. Ask and assess areas where you can slow down. Could you slow down your goodbye in the morning, even if you're running late? Could you slow down bedtime to listen to worship music before bed? Find ways to slow down your schedule and prioritize the Lord in the little things and trust Him with your time.

G56

## SLOWING DOWN

This month, we're encouraging students to participate in Lent alongside the rest of the church body by slowing down and refocusing on what truly matters. Slowing down means trusting God with our time. Sabbath means taking a break to focus on Him. Scripture is where we find truth, so we need to be reading it regularly. Spending time with God—especially in solitude—helps us listen to His voice. These spiritual disciplines draw us closer to God and deepen our relationship with Him.

**Memory Verse:** “Then Jesus said, ‘Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.’” Matthew 11:28-29

**Heart of the Lesson:** Slowing down means trusting God with our time – Luke 10:38-42

**Parent Connect:** This week we talked about slowing down means trust God with our time. Take moments from your day when you can intentionally trust God with your time whether it is listening to worship music in the car with your student, connecting with them intentionally over what God in their day or prayer requests from their school day, or finding a Bible plan on an app that you can go through together intentionally.

**SPECIAL NEEDS ADULTS**

# SLOWING DOWN



Sometimes, it is helpful to slow down to notice details in our day-to-day lives. This is true for our relationship with Jesus too! When we take time to slow down and spend more time with Him, we can understand Him better and see the world the way God sees it! This series, we're looking at different tools we can use when we slow down to spend time with God so we can see the world like He sees it!

**Memory Verse:** Taste and see that the Lord is good. Blessed is the person who goes to him for safety. (Psalm 34:8 NIRV)

**Parent Connect:**

- How did Jesus respond to Martha's request to tell Mary to help?
- Who gives us true rest?
- How can you slow down and spend time focusing on Jesus this week?
- Who can you encourage to slow down and spend time with Jesus this week?