



AT THE BEACH

OBJECT LESSON OR KIDS SERMON

ITEMS NEEDED:

Snuggie (the half-blanket, half-sweatshirt creation advertised on late night television)
Comfy chair

Ask the kids if they can identify the Snuggie. Bring one of them up and let them try it on. Have a comfy chair standing by where they can sit during the lesson and enjoy.

How many of you think Snuggies were designed for people to wear while they are working?

What did the designer of the Snuggie have in mind when he created the Snuggie?

The Snuggie is half blanket, half sweatshirt. It was designed for comfort and comfort only. You don't wear a Snuggie to work, to exercise, or do anything active. The Snuggie was designed for rest!

I don't know what God would say about the Snuggie, but I do know what God says about rest. He says we need it. We need overnight rest each day. We need rest from physical exercise and even mental work. And we need spiritual rest.

In the Ten Commandments, God made rest a requirement when he told us to make the Sabbath a day of rest. Sundays especially are a time to relax and to reflect on God. It's a time to recharge our batteries and refocus so we can better serve God.

Don't let Sundays be a busy day of non-stop running. Take time to rest, to pray, and to recharge. Your mind, your body, and your spirit can use the rest.