

Westview Baptist Church Sabbatical

Children's Guide



Sunday, December 31, 2017 to
Sunday, January 28, 2018

Children are invited to participate in the sabbatical alongside their parents.

This guide was created in tandem with the Adult guide and has activities to help your child participate on his or her own level. Some of the activities are even the same activities that are suggested for parents! Feel free to talk with your child(ren) about some of the things that you have learned, use the scripture readings from the adult guide, or share some of the expanded details on each of the topics from your study guide.

I pray that this time is fruitful to help you and your child to grow in your faith and in your spiritual disciplines.

I Can Pray To God

When you pray you are talking to God and you are growing your relationship with him. With any person you talk about many things, but when we pray, we often only think about what we should ask God for. There is so much more to our relationship with God just like there is so much more to our other relationships with other people. To help us remember some of the other things we need to consider when we talk to God, we are using the “ACTS” model throughout the sabbatical. This is the acronym for the words:

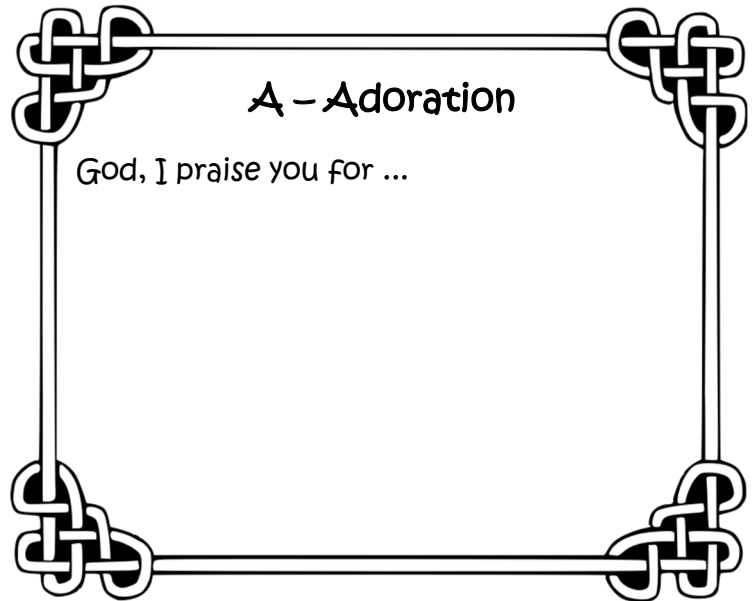
Adoration: Praising God for who he is.

Confession: Saying sorry to God for our sins and asking for his forgiveness.

Thanksgiving: Saying “thank you” to God.

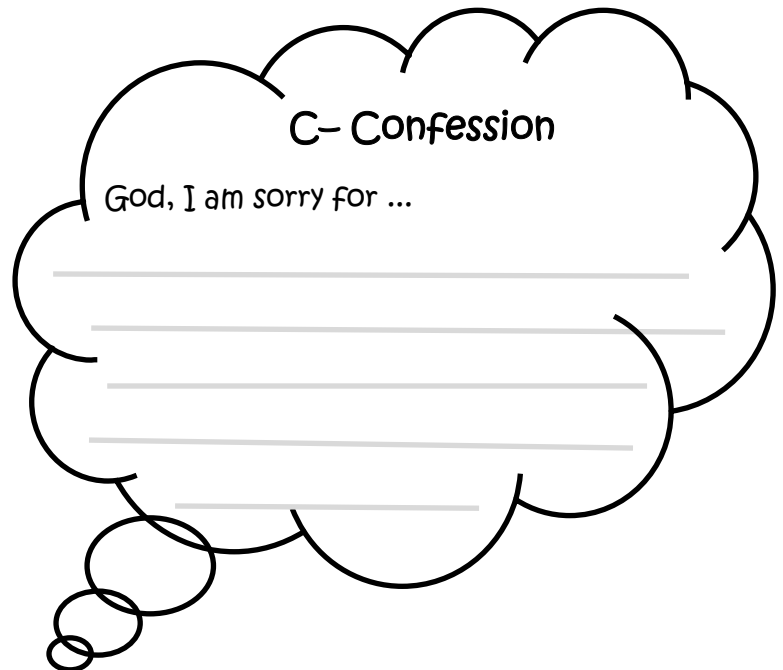
Supplication: Asking for God’s help.

Write some of your prayers to God in the sections provided.



A – Adoration

God, I praise you for ...



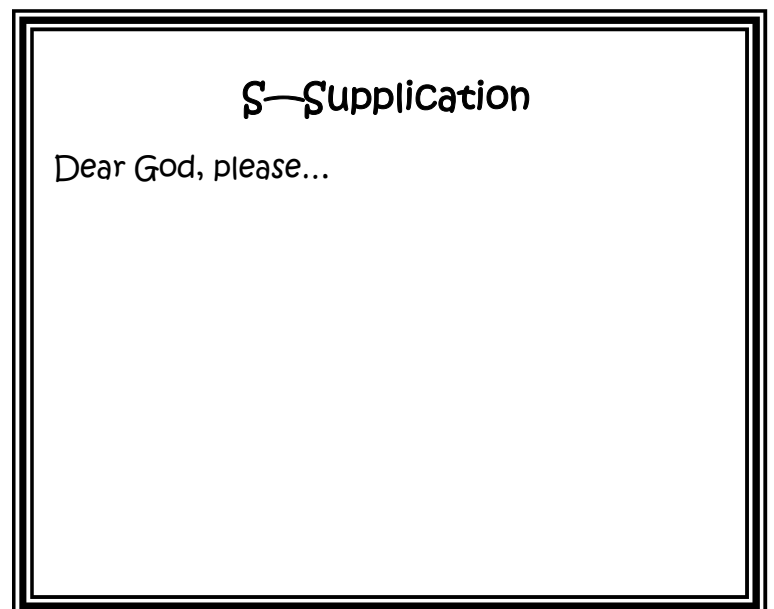
C– Confession

God, I am sorry for ...



T–Thanksgiving

Thank you for...



S–Supplication

Dear God, please...

Week 1: Adoration and Silence

Take some time to be still and quiet before God and praise Him for who he is. Try being quiet for 5 minutes. Set a timer and use this time to think about who God is and enjoy silent time in prayer with God.

To help you think about who God is, use the letters below to think about some of God's great qualities? Can you list one quality for each letter of the Alphabet? Write your answer inside each of the letters.

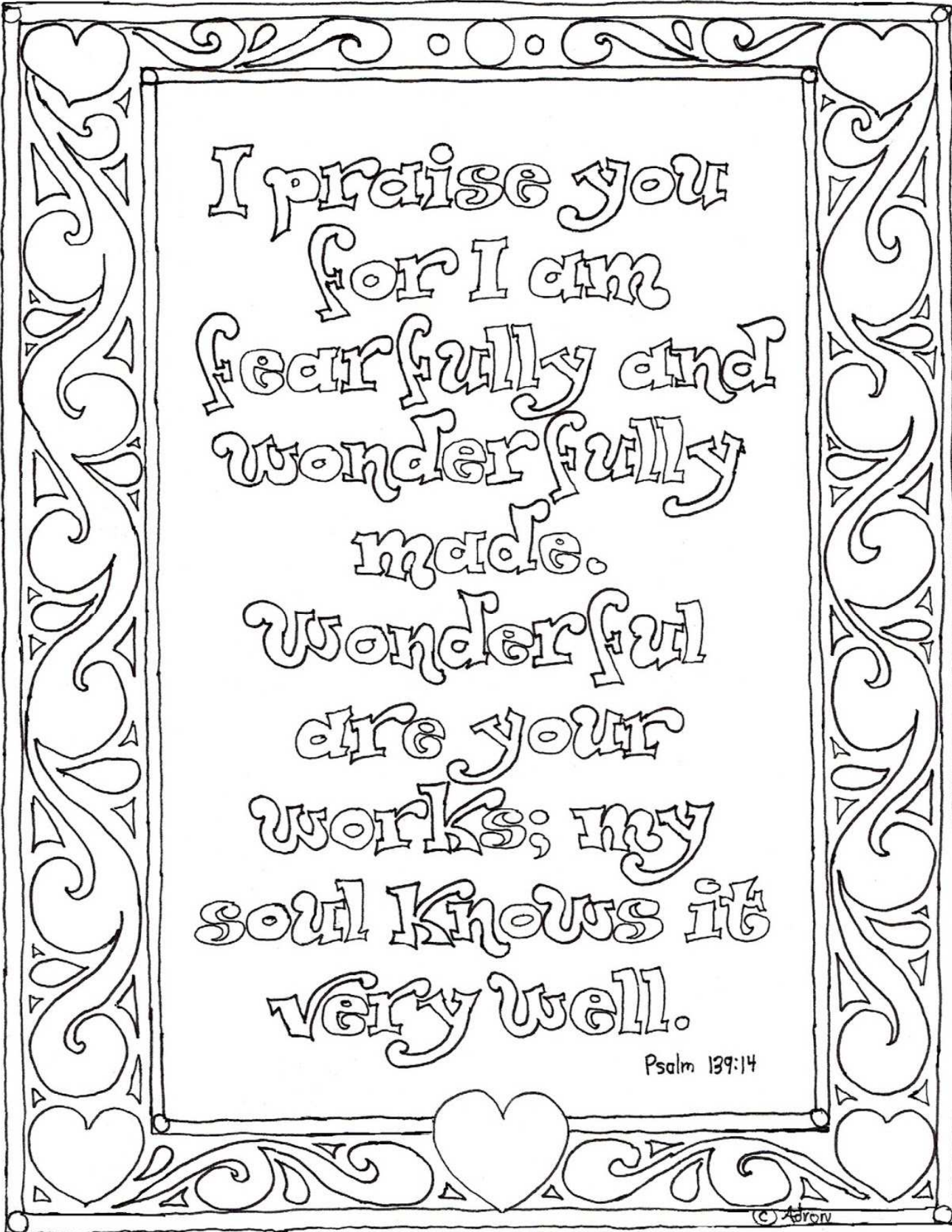
A B C D E

F G H I J K

L M N O P

Q R S T U

V W X Y Z



I praise you
for I am
fearfully and
wonderfully
made.
Wonderful
are your
works; my
soul knows it
very well.

Psalm 139:14

© Adron

Week 2: Confession and Fasting

Fasting is something that teaches us to rely on God and to choose God instead of the food or activity that we are giving up.

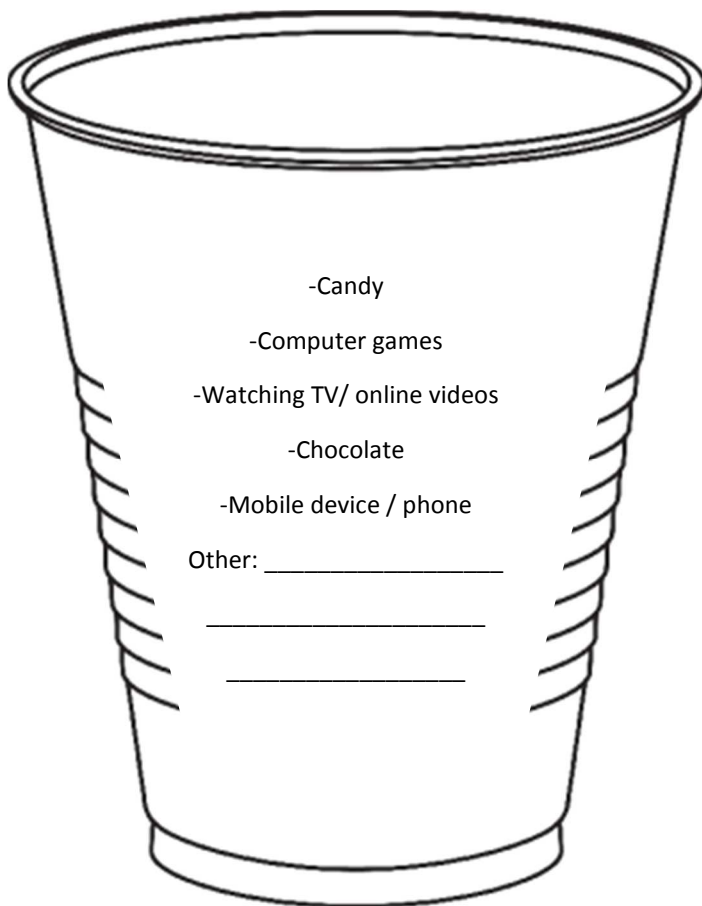
Usually fasting means giving up food for a certain period of time, but it can also be giving up some other good things that we love. For example: A specific type of food (Candy, chocolate, etc.), watching TV, playing computer games, etc.

Note: Children are not recommended to fast from entire meals at this important stage of growth and physical development. Children can practice fasting in one of these alternative ways.

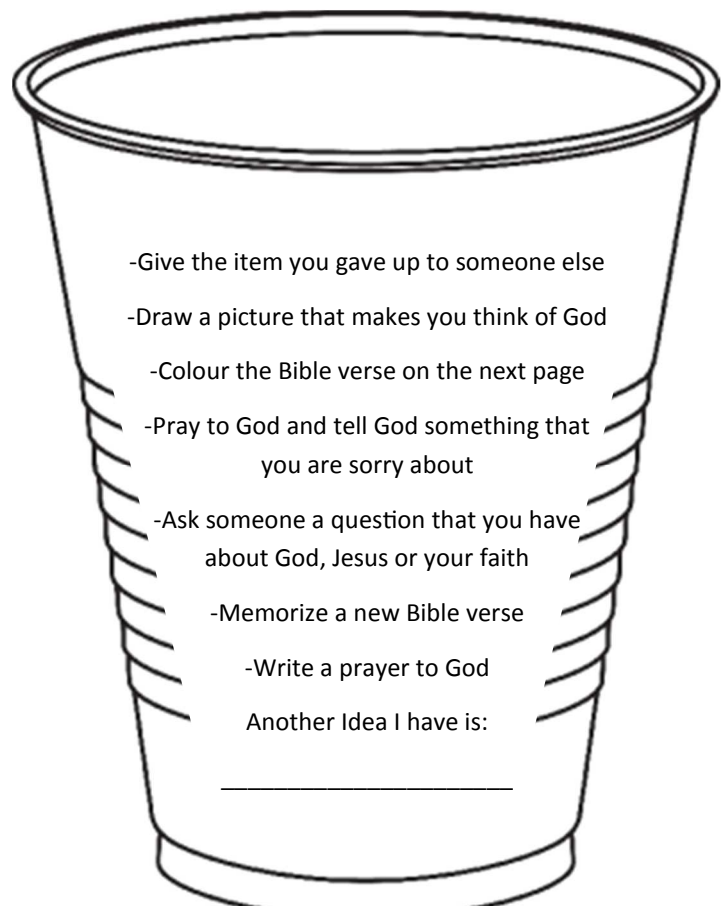
GIVE UP/ FILL UP

Throughout this week choose something that you will give up for a day. Since fasting is a way to help us put God first, use this time or money that is saved to fill up your cup for God. On the cups are some ideas of things that you can give up and some that you can do to fill up your cup for God this week.

GIVE UP



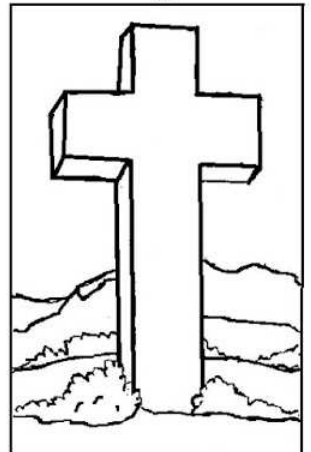
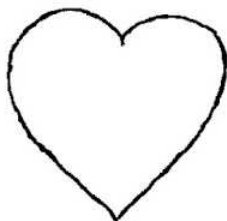
FILL UP



If we confess our
sins,

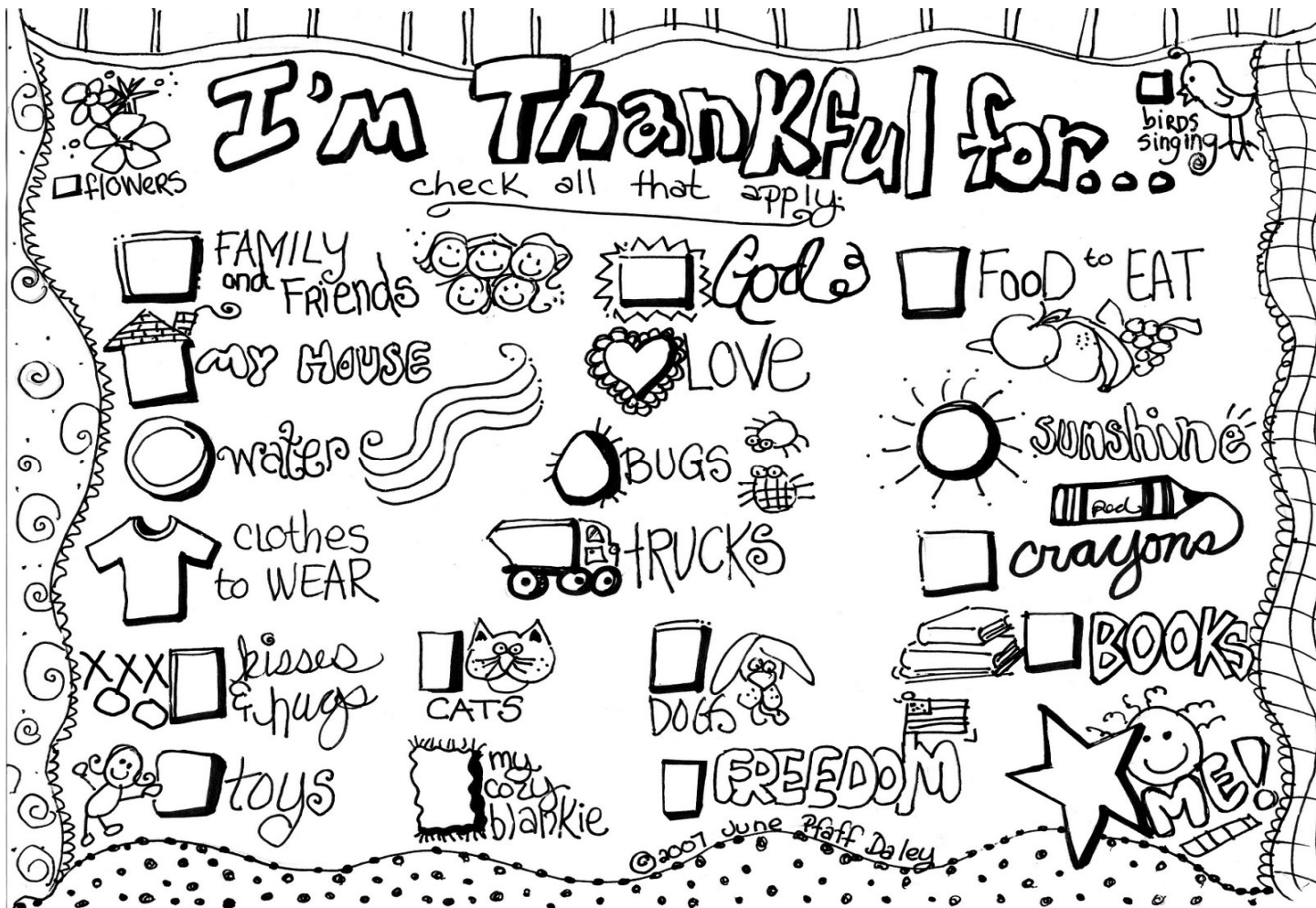
He is faithful
and just to
forgive us our
sins and to
cleanse us from
all
unrighteousness.

1 John 1:9



Week 3: Thanksgiving and Service

Take some time this week to think about what you are thankful for. Below is a colouring page to help you think of some of those things or people. Check off the items that you're thankful for. Is there something else that you could add to the list? Add it here: _____



<http://junepaffdaley.blogspot.ca/2007/11/im-thankful-for.html>

Because we are thankful for all God has provided, a great way to show our gratitude is to say "thank you." Make sure you say "thank you" to someone. Who will you thank this week? _____

Service:

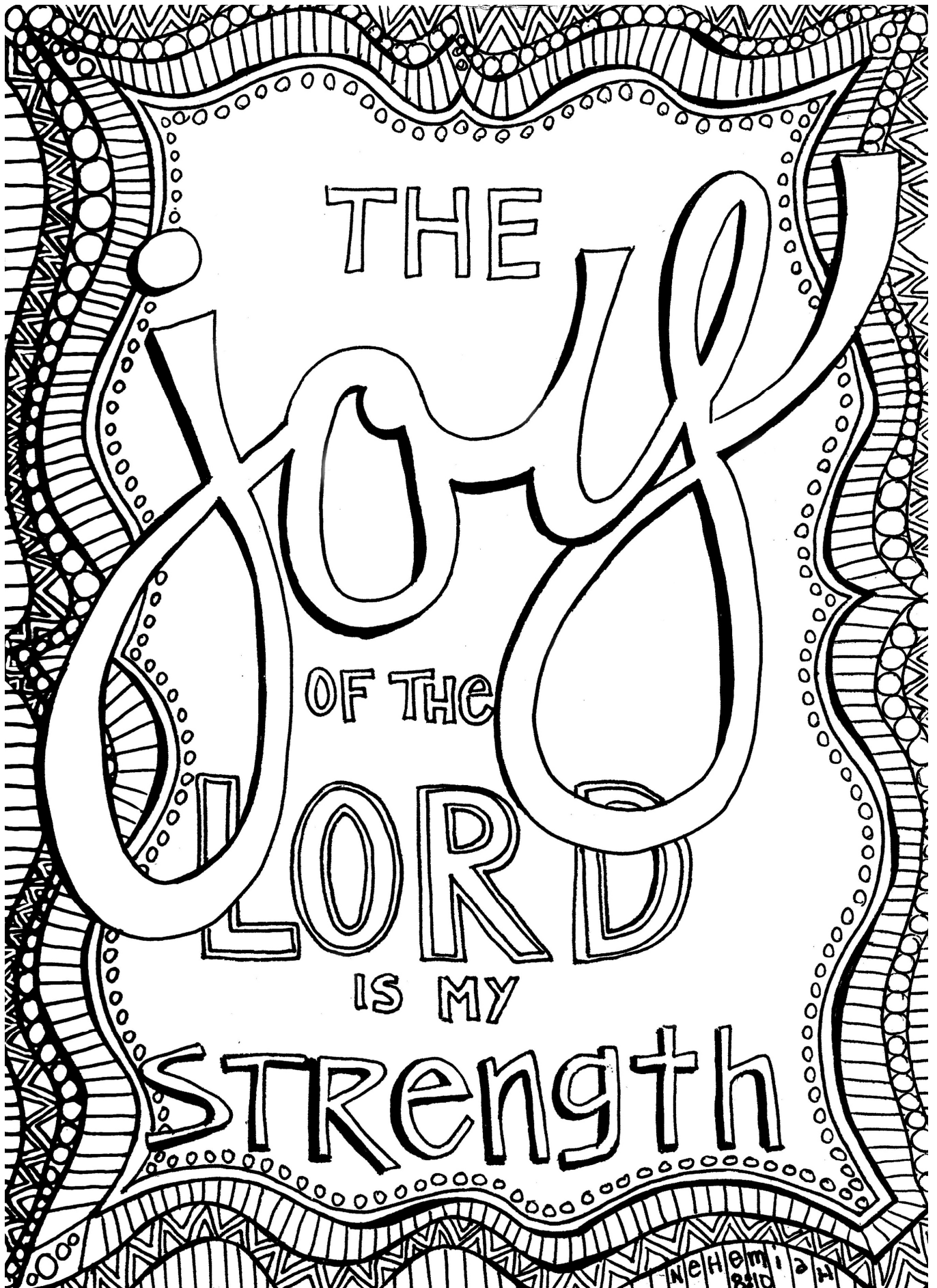
Another way to say thank you to God is to help others in need. Think about who needs help this week and write their name here _____.

Make a plan of how you are going to help them. If you are not sure what you could do to help serve someone, see if one of the ideas below will help.

Write your idea here:



Ideas: Do an **extra chore** without telling anyone; make a **thank you package** with a card or small gifts to thank your bus driver, crossing guard, or neighbour; **Bake a treat** or **make a card** for someone who could use some cheering up, etc. Our Explorers will be making craft kits for children who are visiting a family shelter.



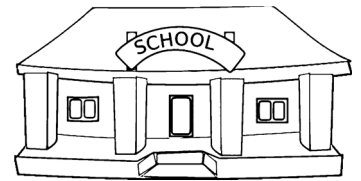
Week 4: Supplication and Celebration

Supplication means asking for God's help. There are many ways you can ask God for help for yourself and for others. Think of other people that need to be prayed for and write down ways to pray for them in the areas below. Pray these prayers through the week.

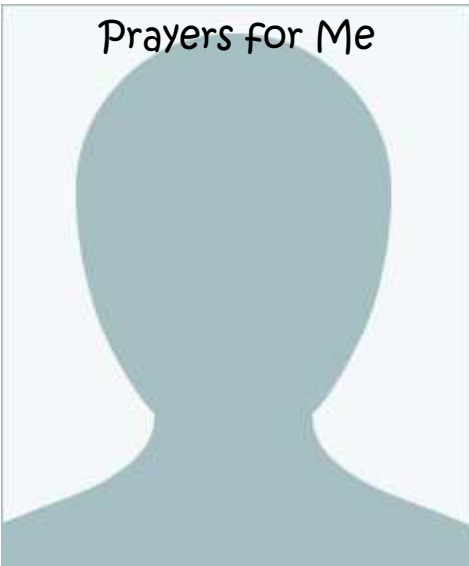
Prayers for My Country



Prayers for my School and Community



Prayers for Me



Prayers for my Family and Friends



Celebrate!

"Be joyful Always" (1 Thessalonians 5:16)

This week we also want to celebrate God's Goodness to us. Although not every day is always filled with happy moments, sometimes we need to choose to be happy with the situation that God has placed us in and to know that God is still good, He is still faithful, and He loves us.

Take some time to express your Joy to the Lord by making a sculpture, building something from Lego, drawing a picture, writing a poem, baking, colouring the previous page, etc.

If possible **bring this expression of your joy to church on Sunday, January 28th.**

I am working on _____



My Thoughts

Use this space to include your prayers, to write a poem of praise, or to create a drawing.