



Finding Rest in the Scriptures (Hebrews 4, 2 Timothy 3, Etc.)

Slowing Down – March 16, 2025

Slowing Down: Finding Rest in the Scriptures

There remains therefore a rest for the people of God. *Hebrews 4:9 NKJV*

For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. *Hebrews 4:12 NKJV*

The Scripture shows us God's plan

and that from childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith which is in Christ Jesus. *2 Timothy 3:15 NKJV*

All Scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness, *2 Timothy 3:16 NKJV*

that the man of God may be complete, thoroughly equipped for every good work. *2 Timothy 3:17 NKJV*

The Scripture gives us God's hope

For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope. *Romans 15:4 NKJV*

For the commandment *is* a lamp, And the law a light; Reproofs of instruction *are* the way of life,
Proverbs 6:23 NKJV

Unless Your law had been my delight, I would then have perished in my affliction. *Psalm 119:92 NKJV*

The Scripture points us to Jesus

And beginning at Moses and all the Prophets, He expounded to them in all the Scriptures the things concerning Himself. *Luke 24:27 NKJV*

You search the Scriptures, for in them you think you have eternal life; and these are they which testify of Me. *John 5:39 NKJV*

But you are not willing to come to Me that you may have life. *John 5:40 NKJV*

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This week's OWNit365 New Testament Plus Plan:

March 16– 1 Tim 5, Family Focus – 1 Tim 5:17-22

March 17 – Ezek 18, Family Focus – Ezek 18:21-32

March 18- Reflection & Prayer

March 19 – 1 Tim 6, Family Focus – 1 Tim 6:6-19

March 20 – 2 Tim 1, Family Focus – 2 Tim 1:3-12

March 21– 2 Tim 2, Family Focus –2 Tim 2:1-6

March 22– 2 Tim 4, Family Focus –2 Tim 4:1-8

March 16

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NURSERY

GOD HELPS US

JERICO

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 marches around the city 7 times on the 7th day in our story. Practice counting out 7 items to help your toddler make the connection to how many 7 is. (Count 7 goldfish, 7 blocks, 7 pairs of pants, etc.)

GKJR

JESUS IS GOD!

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: Blind Bartimaeus | Mark 10:46-52

Parent Connect: Today we learned about a blind man named Bartimaeus and how Jesus heals! Play a game of Marco-Polo with your kid (one person has eyes closed/blindfolded says 'MARCO', the others reply 'POLO' back, the one with the eyes closed tries to find the others without being able to see). Talk to your kid about how hard it may have been if you could not see, just like Bartimaeus.

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: Scripture | John 1:1-4

Parent Connect: Walk through your memory verse card with your kid. Write it on your bathroom mirror, recite it on the way to school, help your kiddos write scripture on their heart that way.

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: Scripture means finding answers in God's Word - John 17:7, 2 Timothy 3:16, Hebrews 4:12, Psalm 119:105

Parent Connect: This week in G56 we talked about the importance of finding answers in God's word and why it is important to be in the Word. This week we want to encourage you to write a verse on your student's bathroom mirror that you can memorize as a family, write it on your bathroom mirror as well. Let us know when your student memorizes that verse and we will give them a prize at G56.

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)

Heart of the Lesson: Scripture (2 Timothy 3:15-17, Romans 15:4, Psalm 119:92, Luke 24:27)

Parent Connect:

- God gave us a tool to understand His truth and rest in Him. What is it?
- What can you read to have hope in difficult times of your life?
- Who does all of God's Word, the Bible, point to?
- Who can you share the Good News of Jesus with this week?