



Week 1 – Preschool Additional Resources for Parents

ACTIVITY: Flower Yoga Poses

In today’s story, Jesus went into the garden to spend quiet time with God. We have been moving around a lot in our garden, so let’s quiet our mind and our body to get ready to hear about Jesus and God.

INSTRUCTIONS: Instruct kids in the following modified yoga poses:

Tree Pose: Tell kids to plant one foot firmly on the ground and then rest the other foot on the leg that is standing. Tell them to lift their hands in the air like tree branches.

Lotus Pose: This pose is basically the criss-cross applesauce pose most kids know from preschool class — sitting with legs crossed and hands on knees.

Lotus Mudra: Tell kids to hold their hands together like a closed flower and then slowly spread their fingers out to resemble a flower blooming.

THE BIG IDEA: **Jesus trusted God.**

Today, we are going to talk about a time when Jesus went into the garden to spend time with God. Jesus was going to do something really hard — the hardest thing ever. But Jesus trusted God. That is this week’s Big Idea: **Jesus trusted God.**

INSTRUCTIONS: Print out this week’s printable called “Jesus trusted God” and have the kids color in the flowers. As they color, you can have them repeat the Big Idea among themselves a few times.

Gethsemane - Matthew 26:36-46

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”

³⁹ Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

⁴⁰ Then he returned to his disciples and found them sleeping. “Couldn’t you men keep watch with me for one hour?” he asked Peter. ⁴¹ “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

⁴² He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.”

⁴³ When he came back, he again found them sleeping, because their eyes were heavy. ⁴⁴ So he left them and went away once more and prayed the third time, saying the same thing.

⁴⁵ Then he returned to the disciples and said to them, “Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. ⁴⁶ Rise! Let us go! Here comes my betrayer!”

How many times did Jesus pray? Jesus prayed three times because Jesus was about to do something really hard. Can you count with me? One, two, three (Ask the kids to count along on their fingers).

What did Jesus’ friends do while Jesus was praying? That’s right! They were sleeping! Show me how you sleep (Ask kids to pretend to sleep).

How do you think Jesus felt while praying? Jesus was probably very sad.

How do you look when you are sad (Ask everyone to make a sad face)?

Jesus had a hard choice to make. But Jesus trusted God.

Memory Verse: Hebrews 12:2

Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.