Bonus Activities

All Ages

Snack: Bring in Teddy Grahams and big marshmallows. Encourage children to put their teddy grahams to sleep on their marshmallow "beds" before they eat them. Talk about how Trinity Baptist and Sleep in Heavenly Peace partner together to help children get good sleep!

Older Children

Create a Comforting Friend: Gather socks, rice, measuring cups (or scoops), lavender essential oil and ribbons. Encourage children to use measuring cups to scoop rice and pour it into their socks. Drop a few drops of lavender essential oil onto the rice. Use the ribbon to tie it tightly. Talk about how lavender helps make us sleepy. Trinity Baptist Church and Sleep in Heavenly Peace work together to help children and youth have beds to sleep in.

All Ages

Learn from a Builder: Ask someone in your congregation who works in construction or someone who is simply handy to come in and talk about the process of building something. Ask them to bring some of their tools to show the children.

Pathlight

www.cbf.net/pathlight

CBF's *Pathlight* curriculum helps children explore the Good News of Jesus through stories, scripture and activities.

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Pathlight

Your word is a lamp that gives light wherever I walk. **Psalm 119:105 (CEV)**

Theme Overview

Trinity Baptist Church in Seneca, S.C., partners with Sleep in Heavenly Peace, a nonprofit organization that strives to provide beds for children and youth in their community. This session focuses on the theme of partnering with others.

Bible Verse

1 Corinthians 3:6–9

I planted the seeds, Apollos watered them, but God made them sprout and grow. What matters isn't those who planted or watered, but God who made the plants grow. The one who plants is just as important as the one who waters. And each one will be paid for what they do. Apollos and I work together for God, and you are God's garden and God's building.

Session Outline

Prepare

- Make copies of the Student Handout.
- Review the Story and Bible Verse.

Welcome

- Greet students as they arrive.
- **Ask**: "How do you feel when you get lots of good sleep?"

Engage

- Distribute the Student Handout.
- Read and discuss the Bible Verse.
- Work on the Handout Activity.
- Transition to Story Time.

Share

- Tell the Story, "Giving the Gift of Sleep."
- Share the photo and caption.
- Discuss the Story and pray.

Conclude

- Lead students in Bonus Activities as time permits.

Giving the Gift of Sleep

"Hey, everyone," Pastor Ryan Wilson of Trinity Baptist Church said. "Thank you for coming to our brainstorming session this morning. You all spend your lives helping the children of our community through teaching them, and we want to see what more we can do to help the children of Oconee County. Is there one thing you wish you could do to help the kids in your classrooms?" "It's sleep," said Carol. "There's always one child in my class who isn't getting enough sleep. And bless their hearts, it shows. They have a hard time focusing, a hard time doing their work and I sometimes have to wake them up during our reading time. If I could help children like them get more sleep, that would make a big difference." Ryan looked at the other teachers around the room and saw nodding heads. "Well, it just so happens that someone from Sleep in Heavenly Peace called us last week to see if we could help them. They work to make sure every child and teenager in Oconee County has a bed to sleep in. It sounds like this would be a good organization with which to partner." "Yes!" everyone said. "Let's do it!" A few weeks later, volunteers from Trinity Baptist sanded, hammered, stained, drilled and worked together piece-by-piece to make 30 beds. Ryan knew that 30 beds wouldn't fix the whole problem, but it was a start! What a blessing these beds would be to these students. Having a bed to sleep in might even change their lives.

Discussion and Prayer ✱

- **Ask**: How is Trinity Baptist Church partnering with Sleep in Heavenly Peace?
- **Ask**: Why is Trinity Baptist partnering with them?
- **Ask**: Is there anyone in your class who always seems to be tired? How might we be able to help them?
- **Say**: Trinity Baptist Church partners with Sleep in Heavenly Peace by building beds that Sleep in Heavenly Peace can give to children and youth who need them. So far, they have built 30 beds but have plans to build more. They partner with them because there are many children and youth who aren't getting enough sleep. One reason may be that they don't have a bed to sleep in. By helping to fix this problem, Trinity Baptist is helping change the lives of these students. Having more sleep makes it easier to pay attention, focus and do your work. It helps you learn and grow.
- **Pray**: Dear God, thank you for how Trinity Baptist Church partners with others to help children and youth get good sleep. Help us to find ways to help children and youth in our town get good sleep as well. Amen.

Trinity Baptist Church

Trinity Baptist Church in Seneca, S.C., partners with Sleep in Heavenly Peace.

STUDENT HANDOUT
AUGUST 31, 2025

Pathlight

Your word is a lamp that gives light wherever I walk. Psalm 119:105 (CEV)

Learn About

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Create a Bed

Items needed: cereal boxes (one for each child); scissors; white paper; glue sticks; hot glue gun; felt; cardboard; paint or markers

1. For younger children: Cut out pieces of felt that will cover their cereal boxes. Cut 4 pieces of cardboard: two to fit the long ends of the cereal boxes, one to fit the shorter end of the cereal box, and one as a square to be the headboard.
2. Give each child a cereal box, white paper, a glue stick, tape and scissors.
3. Tape down the opening of the cereal box.
4. Encourage children to glue the white paper on the front and back of their cereal box, cutting it to fit if needed.
5. Then, give children a large piece of felt to wrap over their cereal box. Use the glue stick (or a hot glue gun) to glue it down.
6. Cut pieces of cardboard for the sides of the bed, the headboard, and the footboard.
7. Color or paint the pieces of cardboard.
8. Once the pieces of cardboard are dry, hot glue them to the felt sides of the "mattress."
9. Encourage children to use their beds for their dolls or give them to someone who has dolls.
10. Talk about how people from Trinity Baptist Church built 30 beds for Sleep in Heavenly Peace, so that children and youth in their community would have beds. Talk about the work that went into making those beds (sanding, hammering, staining and drilling).