

Sample of

Living Well With God: easy read Bible lessons for people who find reading hard

Introduction to Easy Read format

Easy read format makes text more accessible to people who find reading hard. Here are the main features used in this book:

- **Simple language:**

- Easy words and consistent vocabulary.
- Short sentences and paragraphs.
- Meanings for harder words (written in **red**) included at the end of the book.

- **Readable text:**

- Large font size and a dyslexia friendly font.
- Key words written in **bold**.

- **Clear layout:**

- Uncluttered pages with plenty of white space.
- Use of colour, symbols and pictures to support the text.

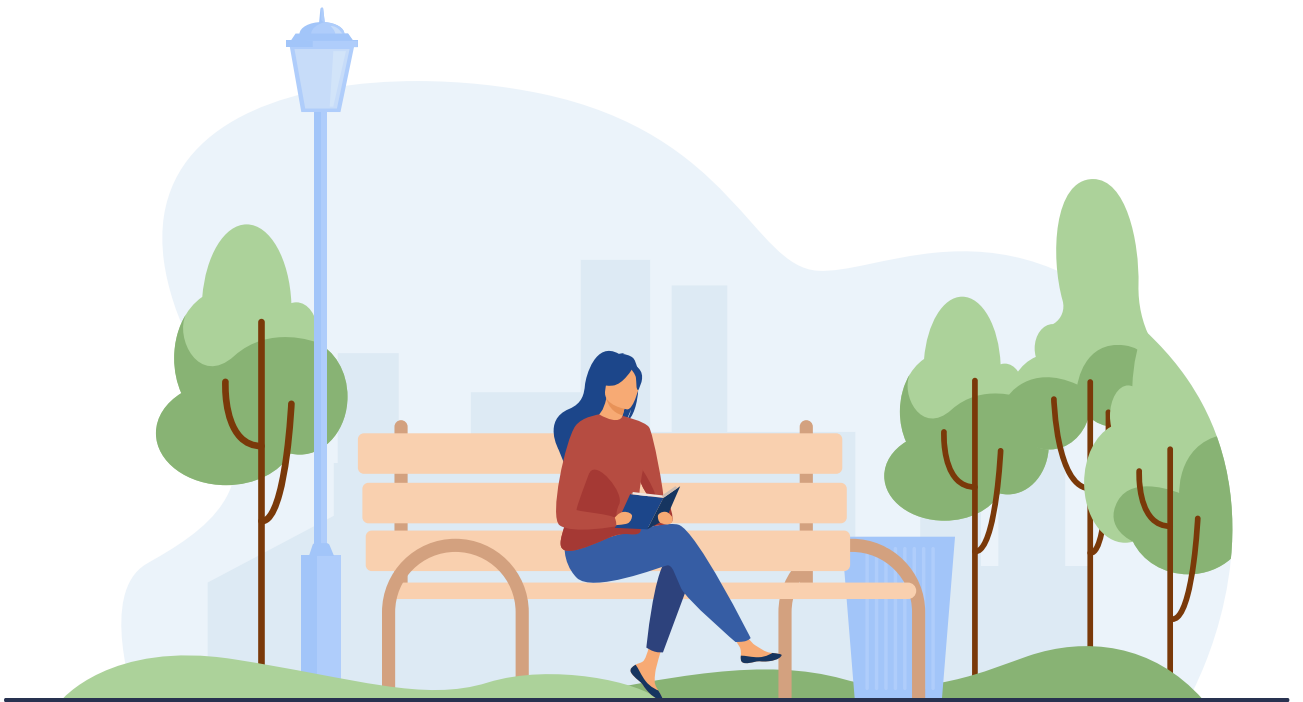
Introduction to the book

This sample includes the first topic from 'Living Well With God'. The full book includes 13 topics looking at wellbeing in different areas of life.

- Learning to rest
- Loving my body
- Getting along with people
- My part in God's plan
- Understanding my feelings
- Understanding my thoughts
- God's special gift of grace
- Who God says I am
- Getting to know God
- Following Jesus
- Trusting God when life is hard
- Winning the spiritual battle

Learning to rest

God does not want me
to work hard all the time.
He wants me to rest as well.
That is the best way to live.



Learning to rest: week 1

Date _____

The LORD worked six days and made the sky, the earth, the sea, and everything in them. And on the seventh day, he rested. In this way the LORD blessed the Sabbath—the day of rest. He made that a very special day.

(Exodus chapter 20 verse 11)

God's people were in a bad place.

They had to work very hard. They did not get paid.

Then God saved them! He looked after them.

He told them the best way to live.

Read Exodus chapter 20 verses 8-11



God told his people that one day in the week would be a special day. It was a day for them to rest.

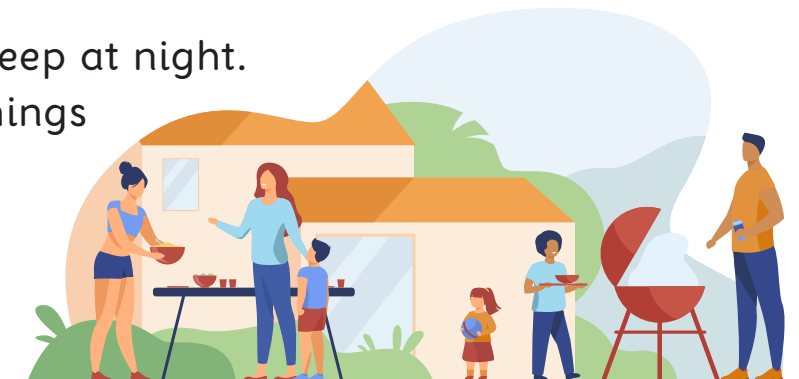
On that day they spent time with God and with each other. They did not do any work at all!

They remembered that God rested too. God rested after he made the world.

God made me. He knows the best way for me to live. God says it is good to do work, and it is good to rest as well.

I can rest by going to sleep at night. And I can do relaxing things during the day.

Rest is a good gift!
God gave me this gift because he loves me.



1. How do you like to rest?



2. What makes it hard for you to rest?



Dear Father God,

**Thank you for telling me the best way to live.
Please help me rest when you want me to.**

Amen.

Thinking about this week

What has been good?

What has been hard?

How have I been feeling?

What am I thankful for?

How have I rested?

Who can I thank?

Learning to rest: week 2

Date _____

**When I go to bed, I sleep in peace,
because, Lord, you keep me safe.
(Psalms chapter 4 verse 8)**

God chose a man called **David** to be the new king.
But this made the old king angry. He tried to kill David.

David ran away and hid from the king.
He wrote this **psalm** while he was hiding.

Read Psalms chapter 4 verses 6 -8



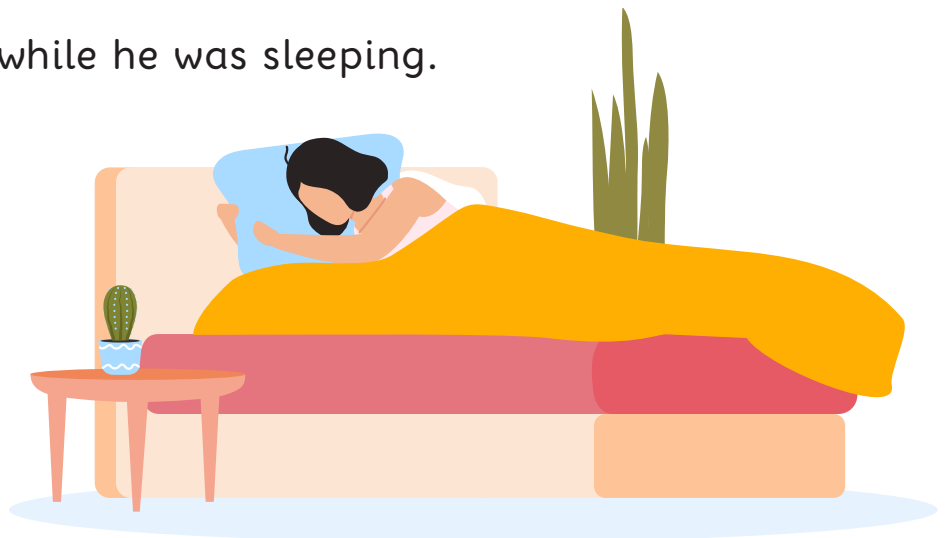
David **trusted God** even though he was afraid.
He knew God was bigger and stronger than him.

So David went to sleep. He trusted God to keep him safe.

Sometimes I think I am too busy to rest.
But that is not true.

Resting helps me remember that God is bigger and stronger
than me. It helps me to trust him.

God kept David safe while he was sleeping.
I can trust God,
just like David did.
God looks after me
while I rest.



1. Do you ever think you are too busy to rest?



2. How does it feel to know that God is bigger and stronger than you?



Dear Father God,

Thank you that you are bigger and stronger than me. Please help me to trust you like David did.

Amen.

Thinking about this week

What has been good?

What has been hard?

How have I been feeling?

Do I need any help?

How have I rested?

Who can I ask for help?

Learning to rest: week 3

Date _____

[Jesus said to his followers,] “Come with me. We will go to a quiet place to be alone. There we will get some rest.”

(Mark chapter 6 verse 31)

Jesus was very busy! Everyone needed his help. People kept asking him to do things, all day long! Now Jesus was tired. He needed to rest.

Read Mark chapter 6 verses 31-34 and verses 45-46



Jesus tried to take a break. But the people followed him! So he talked to them and helped them. Then he went away on his own to rest and **pray**.

It is good for me to work hard and help people. But God knows I need to rest as well, just like Jesus.

If I get very tired it makes me feel upset. So when I start to feel tired I know I need to take a break.

Sometimes I need to finish something before I can rest. But I stop and rest as soon as I can. Resting is good for me!



1. How do you feel when you get tired?



2. How can you tell when you need a break?



Dear Father God,

Thank you that you worked hard and rested as well. Please help me to rest when I need to.

Amen.

Thinking about this week

What has been good?

What has been hard?

How have I been feeling?

How have I been kind?

How have I rested?

Who has been kind to me?

Learning to rest: week 4

Date _____

[Jesus said,] “Come to me all of you who are tired from the heavy burden you have been forced to carry. I will give you rest.”
(Mark chapter 6 verse 31)

Jesus told people to come to him if they needed a rest. But he was not talking about rest for their bodies. He was talking about rest for their **hearts**. He can give me this rest too.

Read Matthew chapter 11 verses 28



Following Jesus does not make everything easy. Even the people in the **Bible** had problems. Some of them had very big problems!

I have problems too. But Jesus can help me. He is very strong! He is with me even when things go wrong.

Sometimes I try to do good things to make Jesus love me. But he already loves me! He loves me even when I do bad things. He never stops loving me.

Jesus said I can feel safe with him. I can talk to him when I feel worried or upset. He will always help me.

Feeling safe with Jesus is the best kind of rest.



1. What makes you feel safe with Jesus?



2. What do you want Jesus to help you with?



**Dear Lord Jesus,
Thank you that you love me.
Please help me feel safe with you.
Amen.**

Thinking about this week

What has been good?

What has been hard?

How have I been feeling?

Is there anything I want to talk about?

How have I rested?

Who can I talk with?

Thinking about this topic

What was this topic about?

What new things have I learned?

What has helped me?

Do I have any questions?

What did I like most?

Who can I ask?

My prayer about learning to rest

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