

# THE CHOSEN ADVENTURES<sup>®</sup>

## SCRIPTURE QUEST

### MEMORY CHALLENGE

#### GENESIS 2:2

"And on the seventh day God finished His work that He had done, and He rested on the seventh day from all His work that He had done."

### CAREGIVER CONNECTION

God rested from all His work, and He commanded His people to do the same thing. The Sabbath (as it's called in the Bible) is a day of rest that starts at sundown on Friday, and ends at sundown on Saturday. And the Old Testament Israelites, like Abby and her parents, had very specific rules about how they rested on that special day. Since Jesus came, we're no longer required to follow all the same rules, but God still commands us to rest! He knows our minds and bodies need a break from work and school. He knows we need to go to church, to spend time with Him and also with the people we love. And He cares about us enough to make us slow down and rest.

### CONVERSATION STARTERS

1. What is your favorite way to rest? (To sleep? Read? Spend time with family?)
2. Why do you think it's so important to rest?
3. How does God's rule to rest prove that He loves you?

### PRAYER

God, thank You for setting aside one day each week for me to rest. Help me trust You and the rules You've made, and to use days of rest to spend more time with You and the people in my life. In Jesus' name, Amen.