

## **Taking time to rest**

This session can be done with an adult family member or independently. Answers to questions can be written in the spaces provided.

**What do you like to do when you are resting?**

**Do you think it is important to have a rest? Why?**

### **Bible story**

The story for today is adapted from Mark 2:23-28

**One day Jesus and his friends were walking through some grainfields. It was a special day because it was the Sabbath day. That meant it was a day when people rested because God said that the Sabbath day was a day to rest and not do any work. As they walked through the fields, Jesus' friends picked some grain for themselves which was allowed. But some people from Israel called Pharisees which means they were people who taught other people how to follow God saw them doing this and became angry. They said to Jesus, "Your friends are breaking the rules because they are not supposed to do any kind of work on the Sabbath day and picking grain is work, not rest." Jesus said, "You don't understand what the Sabbath day is really all about. God gave us this special day so we could rest and enjoy his world. If my friends are hungry, then they are allowed to eat, that's not breaking any rules. The Sabbath day was made for God's people to enjoy, not to be hard. Jesus then told them that because he is God's Son, he is in charge of the Sabbath day because Jesus is God.**

### **Possible activities to do together**

- Thank Jesus that he gives us the Sabbath day to have a rest and enjoy. Ask him to help you rest and enjoy his world.

- Think of a special local place you like to go to together as a family. Thank Jesus for it. You could plan to go there one day to have fun and enjoy God's world together.
- Pray for anyone you know who is feeling tired. Ask God to help them find time to rest and enjoy his world.