REST & RELATIONSHIPS

God provided us with time to rest so that we could function well. Our bodies work on cycles of rest and work. These times of rest are also designed to help us to build good relationships with God, our families and our communities.
Rest helps to refresh and restore us so that we can function well physically, mentally, socially and spiritually.
Tick the circles that apply to the statements.
Some may have more than one tick.

Daily	Weekly Sabbath	Yearly	Every few years	
○	○	○	○	Our brains make space to enable us to learn better and our bodies rebuild while we sleep.
○	○	○	○	A day to worship God and fellowship with others.
○	○	○	○	A time to remember the birth of Jesus.
○	○	○	○	Children and teenagers need at least 8 - 10 hours of sleep in this time.
○	○	○	○	Time to do good and bless others.
○	○	○	○	A special day to remember God's gift of salvation and freedom from sin.
○	○	○	○	The immune system is kept in balance while we sleep.
○	○	○	○	A time to let the ground lay fallow, so it can be fertile.
○	○	○	○	We should spend some time in communing (listening and talking) with God and thanking Him.
○	○	○	○	A time to remember and thank God for all His gifts to us.
○	○	○	○	A time to forgive people their financial debts.
○	○	○	○	A special time to remember the death and resurrection of Jesus.
○	○	○	○	A day to celebrate God's creation.
○	○	○	○	A day to remember that everyone is of equal value in God's sight.
○	○	○	○	A time to rejoice and be glad.
○	○	○	○	A time to take a break from work and plan what we can do for God.
○	○	○	○	Time to spend with our families.
○	○	○	○	A day God gives us to rest from our labour.