

# 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**   **Yearly**   **Every few**  
**Sabbath**                      **years**

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

