



PONDER! Read Genesis 2:1-3 with your family. On the seventh day, after creating the world, God rested. To rest means to stop working. On our day of rest, we think about who God is and what He has done. Playing games, watching a movie, visiting together, or taking a walk can be ways of resting if the focus is on God. What is your family's favorite way to rest?

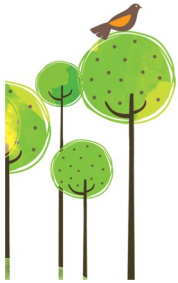


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PRAY! Pray this prayer each day this week: "God, thank You for blessing the seventh day and making it holy. Show us how to rest from work and enjoy all that You have done. Amen."

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PLAY! When God made the seventh day holy, He gave it a special godly purpose. Set aside a day each week to be given especially to God. Worship Him together that day. Brainstorm ways to make it a special day of rest and take time to think about God and all He has made and done.



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