



### Here's what happens...

God says to observe a Sabbath day and keep it holy. A Sabbath is one day each week that we set aside to rest, recharge, and focus on God. This commandment was so important to God that he set an example by resting on the seventh day of Creation.

### Bible Point:

We have a special day for God.

*"Jesus replied, 'You must love the Lord your God with all your heart, all your soul, and all your mind' " (Matthew 22:37).*

### Family Together Time

- Pick a day this week when you can have some family time. (If you can't swing a *full* day, try finding just a few hours.)
- Let everyone pick one thing to do together.
- Activities should help you connect with God and each other. For example, you could...
  - have a dance party to worship music.
  - play a board game together and encourage each other while you play.
  - read a fun Christian book together.
  - go for a nature walk and point out things God created.

Got Questions? Contact us at  
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### Talk About This...

- Tell what you would do if you had a whole day with no plans.