

FAMILY TABLE TALK

SABBATH

REST

It is so easy for life to feel busy, busy, busy. We feel like we always have to be moving or doing something—going to school, playing with friends, practicing an instrument, watching screens, and so much more. In between all those things, it can be tough to find enough time for God. God wants to talk and spend time with us often. Sometimes we have to try hard to slow down to make sure that God has space in our lives. We need to allow our bodies and our minds to rest and listen to what God has to say to us.

What are some things that make you feel tired or busy?
What is one way that you can rest rest and gain energy?

Think about the things you do every day—
What are some things that bring you closer to God?
What takes you away from God?



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TRUST

Sometimes our problems feel really, really big. We might wonder, "Does God really hear my prayer?" or "Is he really strong enough to fix my problem?" But—God is trustworthy. We can trust him to take care of us when we feel tired, scared, or overwhelmed. God listens to us when we talk to him and when we cry before him. He created everything and has power over everyone. Best of all—God is on our side! He wants us to trust him in all things. Look for him and count on him to come through!

What are some things that you are afraid of?
Why are you afraid of them?
What would help you to not be afraid of them?

Has God ever answered one of your prayers?
What did you pray for?
How did he answer it?

