

Week 5 Idea:

Rest – When life was busy it was hard to find time to rest. Now that we are in our homes with our families all the time there are new challenges in how to find rest. Don't wait until COVID 19 is over to find rest.

Check out these articles:

<https://www.christianparenting.org/articles/a-time-to-rest-said-no-parent-ever/>

<https://www.faithgateway.com/allow-yourself-to-rest/#.XpcWVz6JLIU>

Why Rest?

- We were designed to work hard AND to have rest
- God commanded it - Sabbath
- God modeled it – on the 7th day he rested
- Jesus modeled it – he went off to be alone, to pray...
- We are invited to it – abide in me, come all who are weak,

How?

- Schedule it – like work, chores and all the other tasks they only happen if we make time for them
- Apply the same strategies you use in order to get other things done. Give kids some quiet time of their own, some screen time or other activity to engage them while you take a break. Take turns with your partner to get a break.