

NOVEMBER 2021

clubhouse

DISCUSSION GUIDE



The November 2021 issue of Clubhouse teaches readers about rest. The holidays can throw family schedules into a blender, so it's crucial to quiet our bodies and refresh our spirits.

"Come to Me, all of you who are weary and burdened, and I will give you rest." —Matthew 11:28

After your child or grandchild has read the magazine, answer these questions as a family.

Feeling Sheepish (pp. 6-7)



- 1 When you feel anxious, do you run toward Jesus or wander your own way? Why?
- 2 Name three characteristics about sheep that you would like to see in your own life.
- 3 Would you rather have friends who make you feel relaxed or friends who challenge you to grow as a person and in your relationship with Jesus?

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4 In Matthew 9:36, Jesus sees the people as "weary and worn out, like sheep without a shepherd." How does God provide peace, strength and direction?

Getting Restless (p. 14)



- 1 Do you get enough sleep during the week? What happens to your body (and your attitude) when you don't?
- 2 Is it a good idea to watch TV and play video games right before bedtime? Why?
- 3 What distractions make homework or chores last "a million seconds"? Set a 10-minute timer and focus on how much you can get done.

Parents, visit [Clubhouse magazine's Pinterest board](#) for holiday craft and recipe ideas.

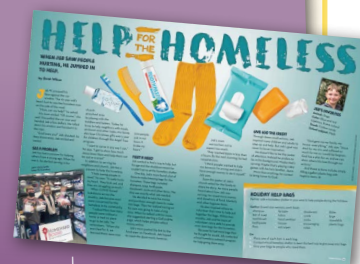
Rest or Stressed? (pp. 20-21)

- 1 What's the difference between finding rest and being lazy?
- 2 Besides sleeping, how do you rest and recover? Do you play, exercise, read your Bible, eat fun foods, listen to music, spend time with family, etc.?
- 3 When you feel stressed, who do you talk to?



Help for the Homeless (p. 22-23)

- 1 How do you feel when you see someone in need? What do you do with those feelings?
- 2 What are two ways you can help others this holiday season?
- 3 When Jeb's service project grew, he brought in volunteers. How can sharing the work help you and other people in your life?



Family Prayer:

Lord, we trust You as our Shepherd. Help us to lie down like sheep, finding peace and rest in You. Amen.