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?
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.

**Help for the Homeless (p. 22-23)**

1. How do you feel when you see someone in need? What do you 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?

**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?

**Parents**, visit Clubhouse magazine’s Pinterest board for holiday craft and recipe ideas.

Family Prayer:

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