COCUS ON THE FAMILY

DISCUSSION GUIDE





'In six days the LORD made the heavens, the earth, the sea and everything in them. But he rested on the seventh day. So the LORD blessed the Sabbath day and made it holy." -Exodus 20:11

ead through the magazine with your child, and Kanswer these questions as a family.

A Break from Busyness (pp. 6-9)



- Do you like to be busy or sit and be quiet? Why?
- 2 Would you rather clean your room or help take out the trash?
- 3 Why did Jesus tell Martha that resting was better than working at that moment?
- 4 How do you spend time with Jesus?

Seasonal Sleepers (pp. 12-15)



Why?

- 1) What would you cuddle up with if you were going to sleep for a long time?
- 2 Roar like a bear. Now curl up like a hedgehog. Which hibernating animal is your favorite?
- 3 What are some patterns you follow in your life? Are they helpful?

Friendly Feast (pp. 18-19)

- 1 What are your favorite holiday treats? Think of ways you can share them.
- 2 Why did Libby want to share with the animals?
- 3 Why is sharing important?



One More Acorn

- 4) Do you think taking breaks helps you



Family Prayer

Dear God, we want to follow Your example of taking breaks from work. Please help us know when to be busy and when to rest. Amen.