

Teach These Children

Fivefold enrichment



Rest is Work

We live in a time of go, go, go. It can be difficult to rest when the the world seems to be powered on 7 second reels and YouTube shorts. But, like anything else, what goes up must come down. We can't be at our best if we don't make time for our bodies to rest and recharge.

Activity

Resting is an active process. In other words, it takes a great deal of effort and intention to do nothing. But, that is exactly what we are called to do if we want to develop healthy lifelong habits. If you and your family are used to being on the go, are involved in extra curricular activities, run from birthday party to church events, you are probably in need of some good old rest and relaxation. Do you have a day that set aside to rest? This may seem like a foreign concept but the Lord commands us to “keep Holy the Sabbath”. God in His goodness can do more in one day than we can do in 6. Not only does God want us to rest in Him, but He actually commands it. We are called to obey what the Lord commands of us and in return the Lord will bless our obedience. This is a biblical principal that is often overlooked but one that we as parents must be diligent to enforce for our families. Do a Youtube search on “keeping Holy the Sabbath” and watch it with your family. You may need to help your family understand the biblical importance of this principal before they will wholeheartedly commit to working on this goal.

TIPS

This may be much more difficult than it seems. To do nothing takes work! Challenge yourself, don't give up even if it takes time and practice, it's worth it!



Child's belief about self...

I am capable

Family supports development of...

Habits

Focus area: Fitness

GOAL

Set a day aside for you and your family to keep Holy and set apart so your body and mind can rest and recharge.

2

Level