

# JESUS GIVES ME REST

## WORK AND REST ACTIVITIES

God commanded his people to rest one day each week, this day He called the Sabbath. Mark all the activities that you think are **Work** with a "W". Mark all the activities that are appropriate for the **Sabbath** (restful or playful) with an "S".



"Remember to keep the Sabbath day holy. Do all your work in six days. But the seventh day is a sabbath to honour the Lord your God. Do not do any work on that day. The same command applies to your sons and daughters..."

**Exodus 20:8-10 (NIRV)**