



Here's what happens...

In these peaceful verses from Psalm 23, David writes that our shepherd, God, lets us rest in green meadows and leads us beside peaceful streams, renewing our strength. Jesus makes a similar promise when he invites us to take our heavy burdens to him and find rest.

Bible Point:

God gives us rest.

*"The Lord is my shepherd; I have all that I need"
(Psalm 23:1).*

Family Together Time

- Find just five minutes you can spend together as a family each day this week. If you have more time, great! But at the bare minimum, try to squeeze in five minutes of rest.
- Don't plan anything for your rest time.
- As you enjoy one another's company, find things to do that bring you rest and refreshment. That might be talking, playing a game of catch, going for a quick walk, listening to music, or anything else that helps you find rest from the troubles of the day.
- At the end of your rest time together, thank God for giving you rest.

Church Announcements

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Talk About This...

- What's something that helps you find rest when you feel stressed?