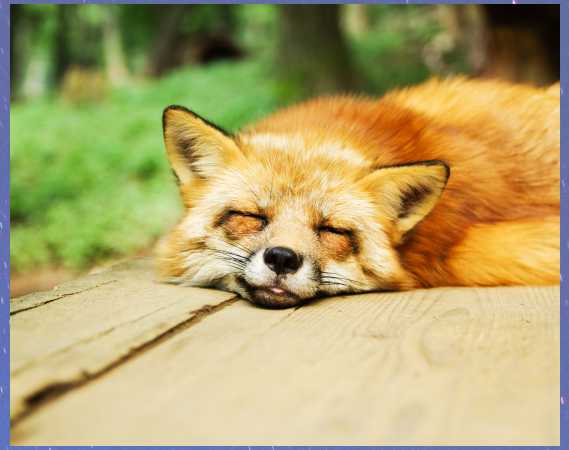


# Awaking Wonder

## God's Design for Rest

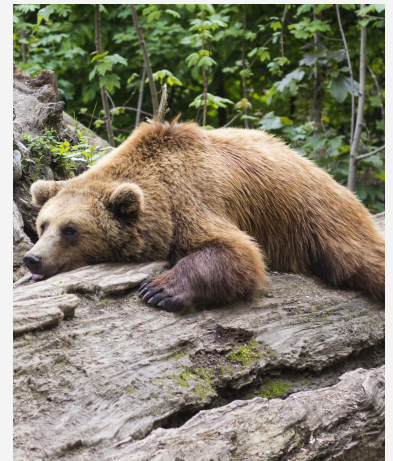


### DISCUSS:

God created people with a need for rest. In Genesis 2:2-3, God creates rest as a rhythm in the week. In Exodus 20:8-11 when God gave the law, He set aside a holy day of rest for his people and their livestock. God promises rest in Matthew 11:28-29. Why did God create rest? Is your family making rest a priority?

### LEARN:

God didn't just create people with a need for rest; animals also require rest. Read books to learn about different forms of animal dormancy—hibernation, estivation, brumation, diapause, and torpor. What is the purpose of these times of rest? What is accomplished through the times of dormancy God created animals to experience?



### PLAN:

With your children, first examine your schedule together. Do you have time each day for quiet? Do your routines allow for adequate sleep? Now examine your physical home. Does it feel peaceful? What can be rearranged or decluttered to better accommodate times of rest?

### CREATE:



For creative play, help your child make a “cave” with a paper bag. There is a link below with an example. We found that a paper grocery bag made a larger and sturdier cave than a lunch bag. If your child likes to draw, let them add hibernating animals to their cave. A blanket spread over the kitchen table can make a cozy “cave” to have quiet time, too.