






REST OR WRECK

A TEACH & PLAY LESSON · REST & RENEW · MARK 6:31

"Come away... and rest a while." — Mark 6:31

The game was loud. This part is just for you. Be honest — no one else reads this.

1. My "rest" lately has mostly been... (circle one)

-  RENEWING — I actually feel refilled afterward
-  SCROLLING — input, but not real rest
-  WRECKING — I'm more tired, behind, or irritable after

2. What tends to wreck me most?

- Late-night screens Gaming / streams
- Overpacked schedule Content that fails Phil. 4:8

3. One thing that truly renews me is...

4. This week I will... (circle)

- ▶ Choose one renew habit on purpose
- ▶ Cut one wreck pattern before it masters me (1 Cor. 6:12)
- ▶ Ask a leader if fun already feels compulsive

5. My prayer, in my own words:

"God — You built rest into the world. I don't want wreck-reaction that owns my time and mind. Teach me to come away, think on what is pure and lovely, and enjoy life without being mastered by it. Renew me for Your work."

Renew on purpose. Don't let fun have you.