

# Rest & Renew

game: Rest or Wreck · complete in class or at home

Name \_\_\_\_\_

Date \_\_\_\_\_

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

## 1. Fill in the blank: (Philippians 4:8)

Paul says to think about things that are true, honorable, just, pure, lovely, and \_\_\_\_\_.

## 2. True or False?

- A) Scrolling until 2 a.m. is the same as biblical rest. **T / F**
- B) Wreck-reaction is when a good gift starts mastering you. **T / F**

## 3. Look it up: (Ecclesiastes 11:9)

What does Solomon say young people should remember while they rejoice in youth?

## 4. Sort it: (write RENEWS or WRECKS)

- 1) Walk outside with a friend, phones put away
- 2) "One more hour" of gaming on a school night until exhausted
- 3) Choosing shows/music that fit Philippians 4:8

## 5. Real life:

You feel fried but FOMO says stay online. What could you do that honors Mark 6:31?

## 6. This week:

Name one renew habit and one wreck pattern you will address before Friday.