

Stop and Rest

Buried & Raised · complete in class or at home

Name _____

Date _____

"The Sabbath was made for man, not man for the Sabbath." — **Mark 2:27**

1. Fill in the blank: *(Exodus 20:8)*

Remember the Sabbath day by keeping it _____.

2. True or False? *(circle one)*

- A) God built rest into creation — stopping can be worship. **T / F**
- B) Busyness is always holy and rest is always laziness. **T / F**
- C) Hebrews 4 points to rest in Christ from works-righteousness. **T / F**

3. Short answer: *(Mark 2:27)*

What did Jesus say the Sabbath was made for?

4. Look it up: *(Hebrews 4:9)*

What kind of rest remains for God's people?

5. Real life: *(use the lesson)*

A friend says they can't miss sports practice for church because "rest is for weak people." What would you say from Exodus 20:8 or Mark 2:27?

6. This week: *(one specific action)*

Name one way you will practice stop, trust, and worship before Friday.
