

God Rested

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Learning About Rest

Name: _____

Date: _____

Let's answer some fun questions about rest!

1. Did God think rest was good?

True False

2. What did God do on the seventh day? Circle the correct answer.

He rested

He played

He worked

3. Trace the word that tells us what God did on the seventh day.

REST

4. Draw a line from each action to what it helps.

Rest

Grows strong

Sleep

Makes us feel good

5. God saw that rest was ____.

6. Why do we need rest?

- A. To play more
- B. To grow strong
- C. To eat food

Answer Key

1. True 2. He rested 3. REST 4. Grows strong 5. good 6. To grow strong