



Family Devotion

Week of May 30 • Luke 13:10-17

Go to God's Word

God spoke to Moses: “Tell the Israelites, ‘Above all, keep my Sabbaths, the sign between me and you, generation after generation, to keep the knowledge alive that I am the God who makes you holy. Keep the Sabbath; it’s holy to you.

Exodus 31:13, The Message

Reflect

1. What does the word Sabbath mean?
2. Talk about how your family observes the Sabbath.
3. What do you do when you want to rest? What are your bedtime routines?

Observe

Summer is the perfect time for kids to rest from the busy lives they lead during the school year. This summer, our kids will likely have even more down time than usual. Help them appreciate this time of rest by taking a few moments throughout the week to stop and “smell the roses.” Fill your child’s pillowcase with items related to rest or down time, such as a candle, crayon, stuffed animal, favorite treat, bar of soap, and flower. Then have your child take each item out of the bag and touch it, feel it, and finally, smell it. Talk about which items make them feel restful and why they’re grateful for each one. This simple object lesson will encourage your child to enjoy small moments, simple pleasures, and to rest in God’s creation.

Worship

Worship together by watching this Bible Project video about the second half of the book of Exodus and this Seeds Family Worship lullaby.

[Come to Me Lullaby - Seeds Family Worship](#)
[The Bible Project - Exodus](#)

Pray together as a family by thanking God for the gift of rest.