

Habits of Grace

BINGO BOARD



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Week 3: Rest

BINGO		
Let's Eat	You've Got Mail	Family Game Night
Family Picnic	Photo Blast	Nature Walk
Create a "Quiet Time" Basket	Light a Candle	Sign-off

Descriptions can be found on the back of this page

Week 3: Rest

SIGN-OFF

- Starting at 5pm, turn off all phones, TVs, and electronic devices for the rest of the day. Do this each evening for the week.

LIGHT A CANDLE

- To remind your family to rest and thank God, light a candle on your Sabbath. Before lighting the candle and to start your time of rest, open in a prayer together. Close your day of rest with a closing prayer together and the extinguishing of the candle.

CREATE A “QUIET TIME” BASKET

- Keep a basket in your living room or family room filled with adult and kids’ Bibles and books and journals with fun pens or pencils. Encourage your family members to practice rest through these quiet activities.

NATURE WALK

- Get outside and take a nature walk together, enjoying the beauty of God’s creation.

PHOTO BLAST

- Choose a time this week to forgo watching TV or a movie and instead, look through old family photos or watch old family videos and share stories from the past with your kids and each other. Since most of us have the majority of photos on our phones, pick 10-20 pictures in advance to be developed into physical photos!

FAMILY PICNIC

- Enjoy a picnic lunch in your backyard or at a nearby park. Take some time during your picnic to pray together and thank God for His blessings and goodness.

FAMILY GAME NIGHT

- Have a game night all together with fun snacks to enjoy.

LET’S EAT

- Start your Sabbath with a family meal. Choose a meal that everyone enjoys and is easy to fix, and include everyone in the prep and execution of the meal- setting the table, chopping veggies, watching the timer. Consider playing some worship music everyone can sing-along to while you’re working together.

YOU’VE GOT MAIL

- Create a “family mailbox” to keep inside your home that you can fill with encouraging letters to each other. Have each family member take some quiet time to write/draw a letter to someone in the family and then “mail” it to them.