

## RLA Kids Weekly Devotional Guide

March 21, 2021

Remember: this guide is meant to help facilitate conversations and engagement with Jesus throughout the week, so don't feel like you need to do this all in one day!

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### What We're Learning This Week

**"GOD'S REST"**

*HEBREWS 4:1-13*

True rest isn't taking a long nap during the middle of the day (though we do love that)...it is actually an invitation to share in the completed work of God. It's a place where we cease our constant striving and instead exist in peace with God. Rest was created by God, it was done by God, and it is a gift from God to us. True and ultimate rest comes through Jesus. We get to receive His accomplished work and enter into rest through Him. You don't have to be perfect or earn your way to God, you just have to trust in Jesus. We are called to strive for this rest, which means to keep believing in what Jesus has done and to keep trusting in God's promises.

### Discipleship Through Scripture + Conversation

Talk to your kids about the Bible lesson they watched on video. Ask them to explain what they learned/ what stuck out to them in the video, and expand upon the truths of the Bible that they are bringing up. Some helpful conversations this week could be:

- 1. Rest was something that God created and did, and it is a gift that God has given to us.**
  - Why does it matter that God rested on the 7th day of creation? What does that tell us about who God is and what He has done? What does it draw us to do in our own lives?
  - What are rhythms of godly rest that you have in your life? What are ones you would like to incorporate, both individually and as a family?
- 2. True rest can ultimately be found through Jesus and His finished work on the cross.**
  - How does Jesus saying "It is finished" on the cross impact how you view rest? How are we called to receive rest from God through Jesus?
  - We are called to strive to rest - isn't that a work? Why or why not?
  - What are some promises of God that you forget when you aren't resting in Him? How does God gently guide you back to Him?

## Discipleship Through Prayer

- Spend time this week praising God for creating and giving rest to us. Pray for God to help you to strive for rest and to receive it daily, and for established rhythms of rest for your family. Continue to pray for everything surrounding the coronavirus, politics, and racial equality in our country - for safety, for healing, for unity, and for specific people you can serve as a family.
- Ask each member of your family – adults included – to share one thing they would like prayer for. Have someone to pray for that person's request. Encourage your family to pray for that person for the entire week.

## What's Coming Up?

- Follow us on Instagram for all of our RLA Kids news! Our handle is [@RealityLAKids](#)
- Stay connected on big events and announcements by joining the [RLA Kids page on RLA Connect](#)
- Continue to be informed through the [Family Resources for Current Events](#) page for equipping and resources for all of that.
- Join us each week in the RLA Kids Zoom Room at [reality.la/kidszoom](#)

## Do Your Kids Have Questions About the Video? Want to See Something in the Videos?

We love hearing from you! You can email [kids@realityla.com](mailto:kids@realityla.com) at any time with any feedback or questions that your kids have about the video lesson (or any of your thoughts)...we would love to read some on our next video and answer them! We also want to see us be silly, so send suggestions in and we will see what we can do. We also love to be praying with and alongside your family, so please send over prayer requests as well (those will be kept off screen, we just want to pray with and for you.)