



Unit 3: Learning to Relax

Video Lessons 9, 9B, 10 & 11

Lesson 9: P is for Proper Rest

This week, begin preparing for the Sabbath the first day of the week (or today).

1. Using your own words, explain what Circadian Rhythm is.

2. What are some physical effects of being sleep deprived?

3. According to Exodus 31:12, what is the Sabbath a sign of? _____

4. According to Exodus 31:18, what is the Sabbath a sign of? _____

5. According to Ezekiel 20:20, what is the Sabbath a sign of? _____

6. Read the following verses regarding the Sabbath and rest: Hebrews 3:18, 19 & 4: 10, 11. How can we draw the connection between rest in God and faith? _____

7. In Daniel 7:25, we see there is a power that seeks to change two particular things of God. What are those two things? _____

8. Which of God's commandments address time? _____
9. Read Revelation 12:17 & 14:1-12. According to 12:17 and 14:12, what particular commandment addresses the saints in these passages? Please explain. _____

Answer the following questions based on Ministry of Healing, Chapter
17 "Rest as a Remedy"

1. Besides going to sleep, name some ways those who do mental
work can rest: _____

2. What is the best way to regulate blood circulation? _____

3. How are the excretory organs (elimination channels) affected by
inactivity? _____

4. What is the difference between an active life and physical exercise?
