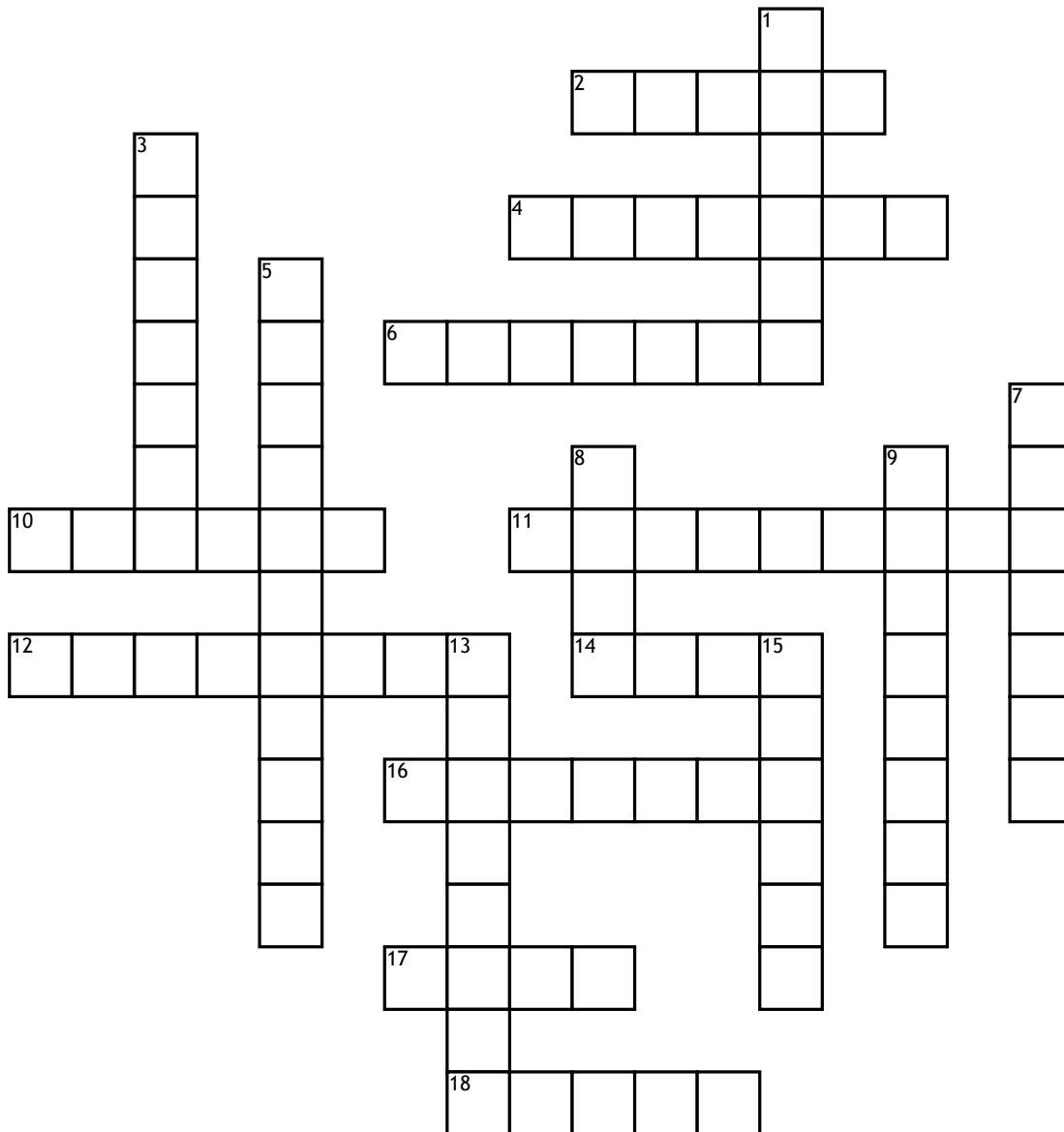


Name: _____

God's Rest



Across

2. Because melatonin releases later at night in the brain, teenagers might start going to bed and waking up _____

4. In the Old Testament, every 50 years the whole nation of Israel were to have an extra year of rest. All debts were cancelled, all property returned, all slaves were freed. It was a year of _____ (Leviticus 25:8-9)?

6. One of the Ten Commandments (Deut 5) was to observe a rest day once a week. It was called the _____

10. Sleep helps immune _____ to work properly

11. Lack of sleep can make it harder to control your own _____?

12. What does Jesus say to people who feel tired and worn out (Matt 11: 28-30)

14. Circadian rhythms help you to feel sleepy and ready for bed at the same _____ each day?

16. Melatonin is a _____ released in your brain that helps you to sleep?

17. Sleep helps maintain a healthy _____

18. Teenagers need 8-10 hours of _____ each night

Down

1. Being tired all the time can contribute to mental _____ issues like anxiety and depression

3. Blue light from screens can mess up your circadian _____?

5. Lack of sleep can make it harder to _____ in class?

7. To avoid your circadian rhythms being messed up stop looking at _____ 60-90 minutes before bed

8. What was first job for people after they were created (Genesis 1:26, 1:31-2:3)?

9. Sleep helps you store things in this type of memory

13. Lack of sleep can make it harder to regulate your _____?

15. Sleep boosts _____ levels