

Kids

STOP

ATH
WEEK 1



STOPATH



Ever been curious about the history of stop signs in the U.S.?

No?

Well... um... here are a few facts anyway.

THE VERY FIRST
STOP SIGN IN THE U.S.
WAS IN DETROIT
IN 1915

IN THE 1920'S
ALL U.S. STOP SIGNS
WERE CHANGED TO
YELLOW OCTAGONS

IT WASN'T UNTIL
1954 THAT THEY
FINALLY ALL
BECAME RED

Wow.
Interesting.

During this series we are going to be learning about something really really important...

SABBATH!

You maybe asking yourself, What is Sabbath? And what does STOPath mean?

SABBATH MEANS STOP

We are using the letters in the word **STOP** to explain why we should **STOPath**!

S = Sabbath/Stop

T =

O =

P =

Don't worry.
We'll get to the
others later!

STOP 'N' LEARN

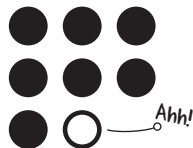
Jews kept the Sabbath from sundown on Fridays to sundown on Saturdays



Comes from the Hebrew word, "Shabbat

שַׁבָּת

Even God took a Sabbath after creating everything in 6 days.



STOP 'N' MEMORIZE

Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God.

DEUTERONOMY 5: 12-14

STOP 'N' THINK ABOUT IT

What is one thing you learned about Sabbath?

Have you ever practiced Sabbath before (rest)?

What do you think it would look like for you to practice Sabbath (to rest)?

Do you think you'd be willing to try to STOP (rest)?



Hmmm

STOP 'N' READ

Read these scriptures each day. Think about what each scripture is saying about the Sabbath.

Day 1: Mark 2:27-28

Day 2: Hebrews 4:9-11

Day 3: Exodus 31: 12-17

Day 4: Psalm 63:1

Day 5: Psalm 27:7

STOP 'N' TRY

Try a few of these activities to help you get started practicing Sabbath!
Get your whole family involved!

Take dinner to an elderly friend or someone who lives alone. This one is easy... just prepare an extra plate of whatever you are already cooking that day and share it!



Write thank you cards to mail this week. **Write cards** thanking your teachers from church, your neighbors who serve you, your school teachers or the bus driver.



Other Things to Try

Listen to worship music all day to worship God as you do other things

"Adopt" a grandparent in your area and visit them on Sundays

Select a talent you'd like to develop. God gave you that talent. Use it!



Make up stories together!

Sit in a circle and begin a story. Each person gets to say 5 sentences to contribute to the plot, then the person to the right gets a turn to add to the story. This goes around the circle with each person adding plot twists or details. It sure makes for interesting narratives!

So then the dog hopped onto the train and rode west!

But he was wearing a chicken costume so no one would know he was a dog

He was also wearing a tie so no one would think he was a chicken!

The the train actually started flying! Whoops. He was on an airplane.

**THERE ARE SO MANY
MORE WAYS TO
REST ON THE
SABBATH!**

Kids