







STOP AND TRUST

A TEACH & PLAY LESSON · STOP AND REST · EXODUS 20:8

"Remember the Sabbath day by keeping it **holy**." — Exodus 20:8

The game was loud. This part is just for you. Be honest — no one else reads this.

1. Right now, rest feels... *(circle one)*

-  IMPOSSIBLE — I'm always behind
-  GUILTY — stopping feels lazy
-  FAKE — I "rest" by scrolling
-  NEEDED — I want real Sabbath

2. The busyness I find hardest to stop is...

3. My Sundays or days off usually include... *(check any)*

- Worship with church Sports/work that skips worship
- Homework only Actual stop + trust God

4. Tonight, I want to say yes to... *(circle)*

- ▶ Stopping without guilt — God commands rest (Ex 20:8)
- ▶ Worship as part of Sabbath — not an optional extra
- ▶ One phone-off or sleep block this week
- ▶ Trusting Christ's rest in Hebrews 4 — not endless hustle

5. My prayer, in my own words:

"God — You rested after creation. Teach me to stop, trust, and worship. I release the idol of busyness. Help me rest in Christ and practice holy stopping this week. Amen."

Stop. Trust. Worship.