

# KIDS FOR YAH

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## ABRAHAM AND ISAAC

Abraham was a man of great faith. When Yahweh told him to move to the land of Canaan, Abraham obeyed. Yahweh promised Abraham many descendants, but many years went by and still no children were born to him. When Abraham's wife, Sarah, was 90 years old, angels visited Abraham and told him Sarah would soon give birth to a son. But Sarah laughed because she was an old woman past the time when women can have babies. But Yahweh can cause miracles to happen. And Sarah did

have a very Yahweh there Abraham would come - Abraham Isaac as a ing. Abraham sad, but he obey Yah-



chopped some wood and started up the mountain with his beloved son. Isaac must have wondered what would happen as he watched his father build an altar. Then Isaac must have become terrified when his father tied him up and lifted him upon the altar! Abraham lifted the knife to kill his son. At that moment, Yahweh called to Abraham, "Let the boy go! Now I know that you would truly obey me, even by sacrificing your beloved son Isaac!" Both Abraham and Isaac must have been very relieved. A ram was caught in the thicket and Abraham sacrificed the ram instead. Color the picture on page 2 of Isaac gathering wood to carry up the mountain.



Abraham was very happy. They named their son Isaac. Isaac knew how much Isaac was loved, but came a time when Yahweh tested to see if he obey Him. He m a n d e d to sacrifice burnt offer- ham was very knew he must weh. So he

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"Children, obey your parents in the Master, for this is right," Ephesians 6:1

# Coloring Page



## KIDS WANT TO KNOW: WHAT FOODS DID PEOPLE EAT IN BIBLE TIMES?

Long ago, people ate very differently than we do today. Most ancient Hebrew families ate only two meals a day. Breakfast was usually flat bread, a piece of cheese, and some dried fruit or olives. There was usually no noon meal, but families could snack on pieces of fruit. Dinner usually consisted of stew, called potage, made from vegetables or dried lentils. Family members used pieces of bread to scoop up the stew since they didn't have silverware like we do today. Most Hebrew families had animals like goats and sheep, so they were able to have cheese, yogurt and fresh milk. Many people in the Middle East still eat a similar diet that was eaten thousands of years ago. Olive oil is still commonly used. Honey was and still is used as a sweetener. What are your favorite foods?



### CIRCLE TRUE OR FALSE

- Ancient Hebrew children probably ate 3 meals a day with lots of snacks like potato chips.  
True                      False
- Stew was made of vegetables or lentils long ago.  
True                      False
- Hebrew children used spoons and forks like we do today.  
True                      False
- Dried fruit, olives, and flat bread were common in the average Hebrew's diet.  
True                      False



### HOW CAN I BE HEALTHIER?

Modern people don't eat as healthy as the ancient Hebrews, but there are things you can do to be healthier.

- Spend more time doing physical activities rather than watching television. Maybe go for a nice walk as a family.
- Eat more fruits and vegetables as snacks.
- Drink more water instead of sugary beverages.
- Limit your intake of sugary and salty snacks.

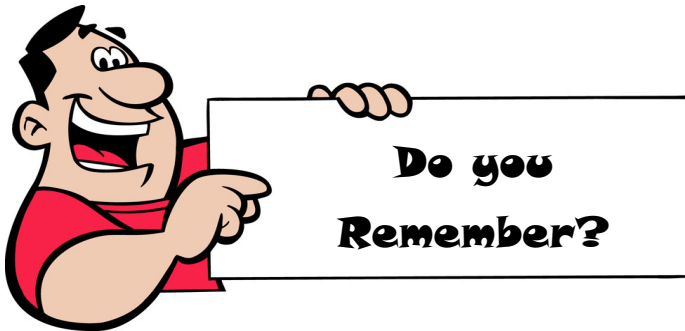
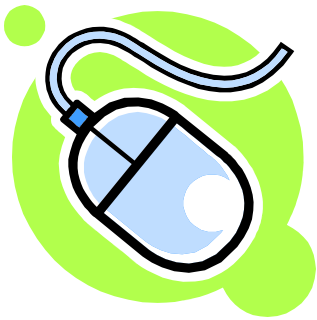


*Fun Activities*

Yahweh's Assembly in Yahshua  
2963 County Road 233  
Kingdom City, Missouri 65262

Main Line: 1-573-642-4100  
Toll Free: 1-877-642-4101  
Fax Line: 1-573-642-4104

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Fill in the blanks from the story on page 1.

1. A \_\_\_\_\_ was caught in the thicket, and sacrificed instead of Isaac.
2. Sarah \_\_\_\_\_ when she heard she was going to have a baby.
3. Abraham built an \_\_\_\_\_ to sacrifice his son upon.
4. Yahweh can cause \_\_\_\_\_ to happen.
5. Yahweh was testing Abraham to see if he would \_\_\_\_\_ Him.
6. Yahweh had promised Abraham many \_\_\_\_\_.
7. Sarah was \_\_\_\_\_ years old when angels visited Abraham.
8. Abraham was a man of great \_\_\_\_\_.

# Psalms

## THE BOOK OF PSALMS

The Book of Psalms is the longest book in the Bible. It is considered by many to be a poetic book, and indeed it is. King David wrote many of the psalms, and set them to music. The songs were sung by the Israelites in worship of Yahweh. There are many types of psalms. Some psalms are cries for help such as Psalm 22:1. Many are psalms of thanks like Psalm 116:1, 8. Perhaps the most well-loved is Psalm 23, "Yahweh is my shepherd; I shall not want..." Some psalms were more like prayers written down. They express a wide range of emotions from extreme joy to deep sorrow and fear. There are 150 psalms. Many people find great comfort in reading the psalms. What is your favorite psalm?

