

Faith at Home for families

Activity 11

Share the Load!



Hello again from St Mary's Church, we're glad you can join us this week!

Just in case you hadn't heard, let me tell you that St Mary's Church is now open again!

- It's open Monday to Saturday from 10am to 12 noon
- We are not having the usual church services,
- but you can go inside to sit quietly and pray, light a candle, or just think. *You would be most welcome!*

This week – Give your anxieties and worries to Jesus

This week our story from the Bible reminds me of the one we had two weeks ago in Activity 9. Do you remember the heavy school bag we carried around and couldn't wait to put down? The heavy load in that story was sin. Sin is what we do wrong and which weigh us down.

Today's story has a heavy load in it too. It can be found in Matthew chapter 11 verses 25-30. You might like to read it in a Bible you have at home, or look it up online, or you can read it at the bottom of this sheet.

Today I want to focus on the words in verse 28. They are comforting words and are well known to many Christians. Jesus says,

*"Come to me all of you who are tired from carrying
heavy burdens, and I will give you rest."*

Going back to that heavy school bag, these words are a wonderful invitation from Jesus to each one of us. He wants to carry our bag for us if we will come and give it to him.

The weight in that bag is our sin. But we can also be weighed down with other burdens, things that can make our life seem hard, or make us anxious, or worried, or afraid or upset.



- I wonder if you have ever felt like that.
- Maybe someone in your family is ill and you are worried about them.
- Or perhaps you find it difficult to make friends and you feel lonely.



I don't know what the burdens are that you may have in your life, but I do know that there are some that you just can't handle by yourself.

Well, guess what? You don't have to!

There is no reason for you to struggle with burdens that are too heavy for you.

- You can talk to your parents,
- or another trusted grown-up,
- and you can also talk to God by saying a prayer.

Promises in the Bible to help us in times of trouble

As well as praying to God, the Bible is full of promises to help us in times of trouble. Here are some verses:

"Don't be afraid, I am with you." Genesis 26:24

The Lord is my strength and my shield; my heart trusts in him, and he helps me. Psalm 28:7

I called to the Lord for help and he saved me from all my fears. Psalm 34:4

These words of encouragement are just what we need to help us face the hard times that may come our way.

Does that mean that if we ask him, God will take all of our troubles away? No, but he will help us.

In fact, some of our struggles may help us to grow and become stronger.

They may also help us to learn to trust in Jesus. But when the load is too heavy, Jesus will help us to carry it - and there is no burden that is too heavy for him.

Footprints in the Sand

There is a famous poem you may know, or maybe your parents do. It's called *Footprints in the Sand*, or just *Footprints*. Perhaps you can look it up online.

Do you like making footprints on the beach? I do!

The poem is about someone who has a dream and in the dream they are walking on the beach with God. They talk to God about their life. Looking back along the beach, they notice two sets of footprints in the sand, theirs and God's. But sometimes there is only one set of footprints, and these were in the most difficult or saddest times of their life.



We have already learned that God promises to be with us always, so the person asks God where he was in the sad and difficult times. God answers simply, that during these difficult times he was carrying them. God will carry us in difficult times too.

I wonder what heavy load you will bring to God this week.

Prayer Treasure Box – Idea 11

We thank God that in Jesus,
we have someone who will share our burdens.

- Try to find something for your Prayer Treasure Box that reminds you that God is with you always, in happy times and in sad
- Like a picture of a happy face and a sad face
- Or something comforting, like a small teddy
- Maybe you could make footprints on paper using paint



A prayer you might like to say

Dear God,

we thank you that when we struggle under the weight of life's burdens,

you are there to help us carry the load.

Help us to be kind and helpful when we see others in need.

Amen.

Other 'Share the Load' activities!

BARBELL SNACKS



- You can make fun snacks that look like weights a weight lifter lifts above their head!
- Poke a marshmallow on each end of a cocktail stick and then eat them!
- Take care with the sticks because they are sharp.

MAKE A GOD CLOCK

You will need:

- a paper plate
- some card to make a clock hand
- colouring pens or pencils
- a split pin if you have one. (If you don't, BluTac works just as well!)



Divide the plate into quarters

In each section draw or write the things you and your family do during the day.

The clock hand reminds you that God is always with you!

Bible Reading

Matthew chapter 11 verses 25-30

Jesus' prayer of thanksgiving to God and his promise to us

25 Jesus prayed this prayer to God:

"Father, you are Lord of heaven and earth. I thank you because you have hidden these things from people who are wise and clever. Thank you for showing them to people who are like children. 26 Yes, Father, that was the way you wanted it."

27 Jesus said to the people with him, “My Father has given everything to me. No one knows who the Son is – only my Father knows the Son. And no one knows who the Father is – only the Son knows the Father. And the only people who will know about the Father are those the Son chooses to tell.”

28 Then Jesus said, “Come to me, all of you who are tired from carrying heavy burdens, and I will give you rest. 29 Accept my teachings. Learn from me. I am gentle and humble and you will find rest. 30 Yes, the teaching that I ask you to accept is easy. The load I will give you to carry is light.”