

Learn from me

“But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, ‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’ For John came neither eating nor drinking, and they say, ‘He has a demon’; the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Matthew 11:16-19, 25-30

Jesus reassures us that no matter how busy life is, if we ask him, he will share our burdens and give us rest.



Think about it

- What can we learn from this image?
- How might we help people who carry heavy burdens?
- What does ‘my yoke is easy...my burden is light’ mean to you?

Play it



Tied Together

You will need: A friend, lengths of ribbon or thick yarn (approx. 50cm), a variety of objects to pick up e.g. a book, a piece of fruit.

- Get an adult to tie your right wrist to your friend's left wrist loosely using the ribbon or yarn.
- Now you are tied together, get another friend to ask them if you can wave together, clap together, write in the air, pick the objects up together.
- Undo the ties and discuss what it was like being ‘yoked’ together. What was hard about it? What was fun?
- Try it with some more friends from home.



Play it– Hop & Help

Play a game about sharing the burden

You will need: a large sheet of newspaper and 2 people

*Using your paper get to the other side of your space, but by standing only on the newspaper – no touching the floor or tearing the newspaper!

*See how far you get on your own then work in pairs. Discuss whether it was easier alone or in pairs.

Create & Pray

Worry Weights

You will need: small stones, small pieces of paper, pens, sticky tape, weighing scales.

- Think about things that worry you e.g. new school, exams, illness, a problem at home and write or draw one (or more) on their pieces of paper.
- stick your paper on your stone and then place the ‘worry weight’ on the weighing scales.

Pray:

Father God,
when we are worried,
we know that you are there
and ready to help bear our burdens. **Amen.**

Sing it



He's Jesus <https://www.youtube.com/watch?v=jjLaW54Oy54>

Live your faith



When you are worried, sad or just very busy this week, find a pebble or small stone and put it in a safe place.

Remember that Jesus can share our worries.

Pray



God Loves Me

From the top of my head

(Touch head)

to the tips of my toes;

(Touch toes)

from the lobes of my ears

(Touch ear lobes)

to the end of my nose;

(Touch nose)

from my back, to my front

(Turn round)

to my wiggly fingers,

(stretch out arms and wiggle fingers)

God loves me!

(jump up and down)