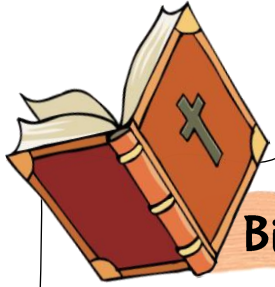


# Together @ Home

July 12<sup>th</sup>  
Sixth Sunday after  
Pentecost



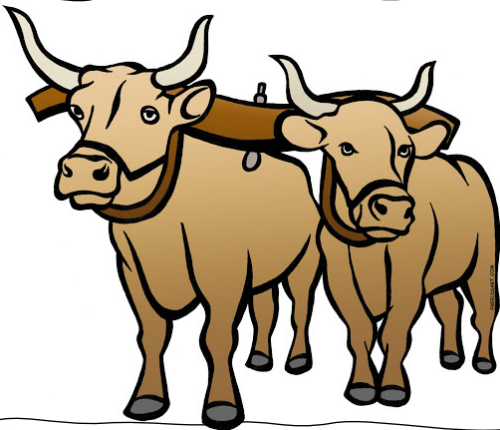
## Bible Passage

Today we will be exploring together a story of Jesus.

You can find the story in your Bible in:

**Matthew 11:16-19; 28:12-14**

Read the story together – choose a Bible translation or children's story version which best suits your family.



## A prayer to say together

Dear God,

Thank you for all of the people in our lives who help us when we feel overwhelmed. Thank you for their ability to help us see our problems in different ways and for the good solutions they offer.

Help us to trust that you are with us, always willing to help us, too. Help us to learn how to rest find rest in you.

We pray for those who have hard decisions to make--especially these days. May they look to you and listen to you to make the best choice.

Amen

## Discussion

A question for adults to ask children

*Do you ever feel overwhelmed?*

*What types of things "overwhelm" you?*

Feeling overwhelmed looks different for different people. Some people become shy and quiet, others get loud, angry, or over-excited. Sometimes it's hard to concentrate or pay attention, and sometimes it's hard to sleep and we don't feel good. Schoolwork or homework, busy or changing schedules, and worries--related to what's going on in the world or at home (a sick relative or friend or other stressful situation)--are all things that can feel overwhelming for children.

A question for children to ask adults

*How does trusting God when you feel overwhelmed help you?*

Spend some time talking about how God has helped you to "rest" in Him when you've felt overwhelmed.

## Family Activity 1

*You will need: paper, pens, tape, canned food, backpack*

What are some things that "weigh you down?" Collect a number of cans from your pantry. Cut paper into strips the width of your cans. Write a burden that "weighs you down" on each strip of paper. It could be any of the different demands of life (homework, job, etc.) or even an emotion (see example). Use tape to affix the paper strips to your cans.

Place cans one by one into the backpack. Have someone try to lift the bag. Now have someone else help them lift it.

Notice how much lighter and easier it is to carry with help!





## A verse to remember

Matthew 11 v 28

**Come to me, all of you who are tired and have heavy loads,  
and I will give you rest.**

There are some days that seem to be pretty easy. But others are more difficult and things seem like more than we can handle. It's good to know that when things are hard, and more than we can bear, God is there! On those really hard days, Jesus steps in and lifts our burdens--he gives us rest. With Jesus, our burdens are lighter!

To learn this verse together, come up with some actions to help you remember it. You could also write it on a strip of paper, decorate it, and place it where you can see it everyday.

## Active Prayer

Use the space to the right to draw a picture or write about a time Jesus helped you or your family.

Say a thank you prayer to God for God's help!

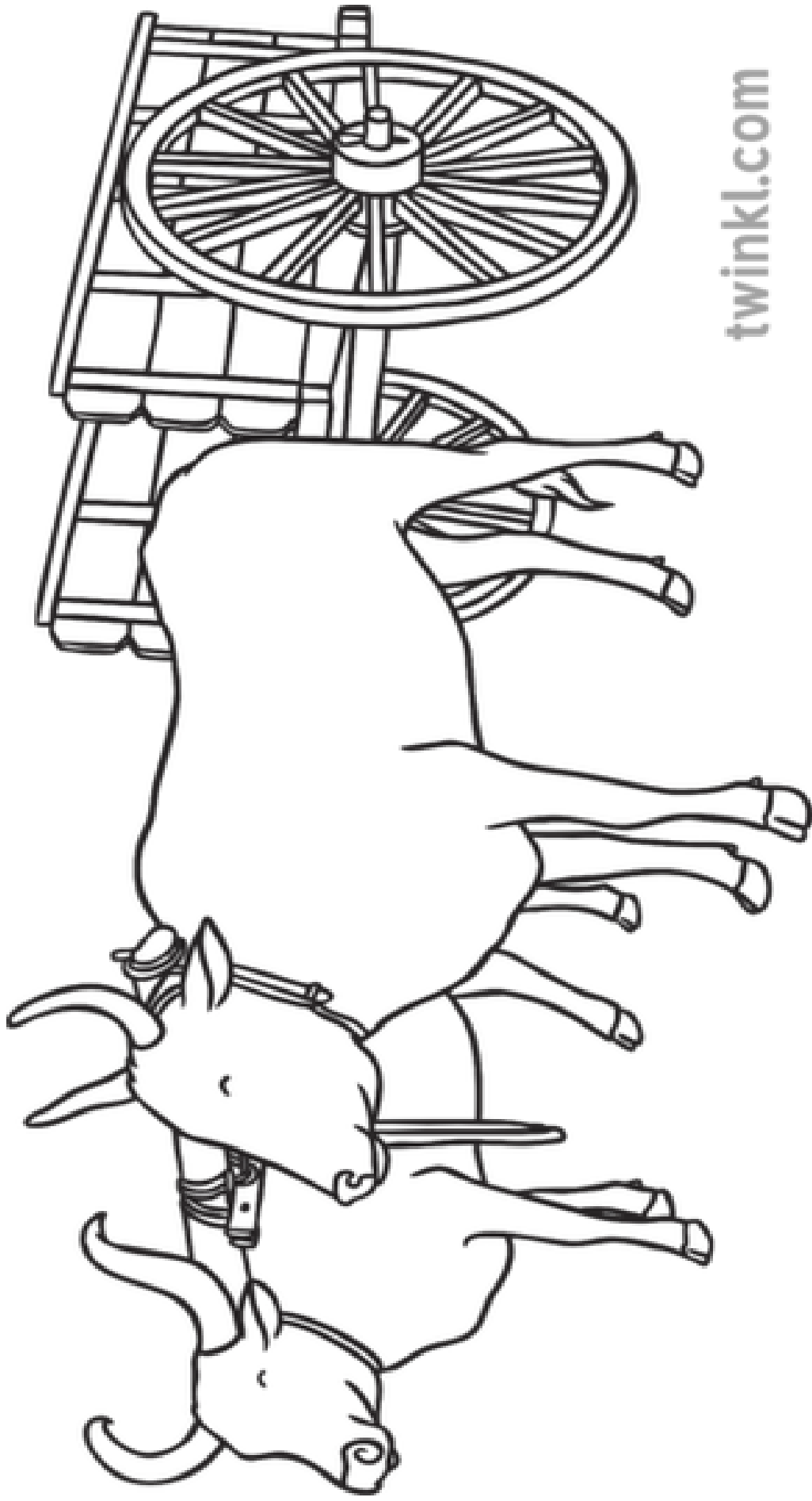


Jesus will help me  
as I come unto  
Him.

Come unto me...For my yoke is easy, and my burden is light.

-Matthew 11:28-30

# Coloring Page



# PUZZLE SHEET

Can you find the hidden words?

U G J H S N I N G G E N T L E  
P N N G E O D Z M F H E T B W  
J Q Y C N A U F F Q G W W Q A  
K B R R Z L R L J N K S T L O  
A U A H A F M T S K H D L B E  
I E G I C W Z T Q R E S T E W  
L G S Y U Y G W E A R Y L V V  
G Q D Q F O L J C L X B L Q A  
J M J W Z K I Z N R M E E A K  
N S C O M E G A U U R T A L B  
J E A S Y F H Z H Q P B R I M  
H L Y Y E X T F G Z J E N G N  
K T Y H P R U V D L P L S H I  
J N L B S B U R D E N X I T K  
R O O S A C F H W E A R Y T R

LIGHT  
HEART  
LEARN  
BURDEN  
GENTLE  
REST  
EASY  
YOKE  
COME  
WEARY  
HUMBLE  
SOULS

Help the tired woman find rest in Jesus.

