

Year C - Commemoration of All the Faithful Departed

Matthew 11:25-26, 28-30

Carrying Burdens



Background: To help children understand how Jesus offers rest and gentleness when we bring Him our worries. Sometimes we carry heavy bags to school because we have a lot of homework or a lot of books to read. This is kind of like when we are holding onto feelings that make us feel stressed or sad.

Sometimes life feels like we're carrying a heavy backpack full of worries. But Jesus says, 'Come to me, and I'll give you rest. My burden is light.' Today, we're going to swap our heavy worries for His peace."

You will need:

- A backpack or cloth bag
- Weighted objects (books, rocks, beanbags)

Instructions:

- Get one of the children to wear a backpack with no items in it, ask them how it feels.
- Now grab some heavy books and place them in the bag.
- As your placing the heavy books in the bag, ask the children what are the heavy things in their lives (give examples; when Mum and Dad have a fight, when your struggling to understand your homework etc.)
- Get the child to walk around with the heavy bag ask them how it feels now compared to before.
- Next show them what happens when Jesus helps them share the load. Allow the child to take the bag off their shoulders and then get another child to help them carry the bag one person on either side holding the straps.
- Explain that Jesus helps us carry our burdens and when we trust in him with our heaviness he will help us.



Debrief

- Ask: When Jesus is talking about 'burdens' what is he talking about? Is he referring to burdens like the ones we put in our bag? No. So, what sort of burdens is he referring to?
- How can we ask Jesus to help us carry these sorts of burdens?