

# Year C - Commemoration of All the Faithful Departed

## Matthew 11:25-26, 28-30

*You have hidden these things from the learned and the clever and have revealed them to children.*



**Background:** Jesus talked about a “yoke”—this was something farmers used to help two animals carry a load together. Jesus was saying, “Let’s walk together. I’ll help you carry the hard stuff. I’ll be gentle and kind to you, and with Me, it won’t feel so heavy.” This activity will help you reflect on how you can lay your burdens on Jesus.

**You will need:**

- Paper plates or cardboard circles (one per child)
- Yarn, string, or ribbon
- Markers, crayons, or coloured pencils
- Glue, tape, and safety scissors
- Two small strips of paper for labelling

**Instructions:**

- Create a Yoke Shape: Cut the paper plate in half, then tape or glue the halves together side by side to create a simple "yoke" shape.
- Attach string or ribbon to each end so it looks like straps.
- Decorate the Yoke: On one strip of paper, write “Jesus is gentle and humble.” On the other, write “He gives me rest.”
- Get creative! Draw peaceful scenes, or add symbols of rest (e.g., sheep, pillows, clouds).
- Add Burden Hearts: Have each child write (or draw) something that feels heavy to carry—a worry or responsibility—on a paper heart.
- Glue these hearts to the yoke and then talk about how Jesus helps us carry those things.



