

Year C - Commemoration of All the Faithful Departed

Matthew 11:25-26, 28-30

Burden Basket



Today, we're going to have a quiet time to talk with Jesus. He loves when we come to Him because it shows that we trust Him with our hearts. Jesus says we can give Him our heavy worries, and He'll help us carry them.

Set up:

- Get the children to sit in a circle on the floor
- Provide a basket or bowl, small rocks or paper and pens/pencils

Prayer:

Sign of the Cross

- Ask each child to think about something that feels heavy or hard—maybe a worry, a fear, or a sadness.
- Let them write or draw it on paper, or choose a rock to represent it.
- One by one, have them place it in the basket as a way of giving it to Jesus.
- Once all the children have put their written burdens down in the basket invite them to pray this prayer together: "Jesus, I give you my burdens. Thank you for carrying them with me."
- Final Spoken Prayer: "Dear Jesus, thank you for loving us. Thank you for being gentle and humble. Help us to give you our worries, and remind us that your love gives us peace. Amen."

