

# Year A - 14th Sunday in Ordinary Time

## Matthew 11:25-30

So heavy!

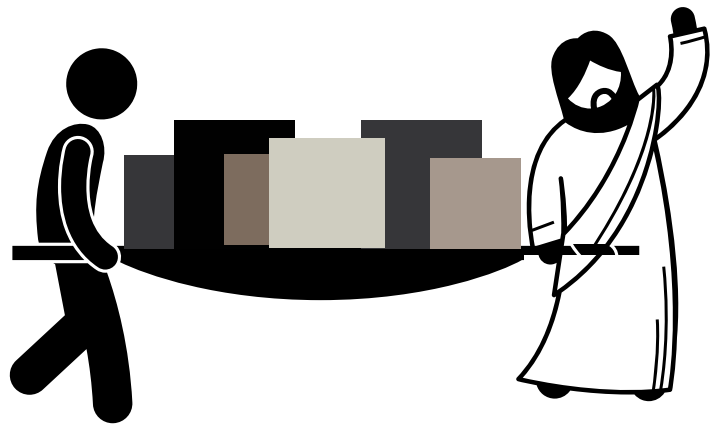


### Background

This activity helps unpack the message about how 'burdens' are easier when we ask Jesus to carry them with us.

### You will need

- Two bags
- A strong pole (e.g. a broomstick)
- Heavy things to put in the bags (e.g. rocks, books)
- One of the leaders or one of the youth or young adults from your community to play the role of Jesus.



### Instructions

- Invite a couple of the children to fill the bags with the heavy things.
- Then ask them to try to carry them from one part of the room to the other.
- Give a number of the children a turn.
- Talk to them about the techniques they are using to try to carry them.
- Make the connection between the scripture and the activity: sometimes we carry things that make us sad, things that are hard choices, things that we have to do that we don't really want to do. These things are like the things in the bag.
- In the Gospel, Jesus is reminding us that he wants to help us carry our burdens.
- So, let's see what happens...
- Take the pole and place it through the handles of the bags.
- Invite one of the children to try to lift the pole but this time ask the leader (who is playing Jesus) to take the other side of the pole so that they lift it together.
- Invite a number of children to have a turn.
- Debrief the activity together and discuss how we can ask Jesus to help us carry our burdens (we pray)