

SUNDAY OF THE CHURCH YEAR: Proper 9A



MAIN POINT

Jesus invites us to bring our worries to him.

SCRIPTURE FOCUS

Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

Matthew 11:28

AIDS

A table and chairs, tablecloth or placemats, serviettes (feel free to be as small or grand as you like with items to put on the table) *Actually have a meal and have the discussion as you set the table and eat together.*

CHAT

Have you ever heard someone say they are worn out or weary?

Jesus tells people who are weary and carrying heavy burdens to bring them to him, and then promises to give them rest.

Let's go for a walk and find some stones and rocks to put in our bowl. As they put the rocks into the bowl talk about times when people might be tired and talk about what burdens are for some people. Then put them into the bowl or find a place in your garden. **We have symbolically given God our worries with the rocks.**

Now, trace a cross on the back of their hands. **I have traced a cross on the back of your hand to remind you of Jesus' love for you. Always know that God loves you and sent his Son Jesus to take away the heavy load of your sin.**

PRAYER

Dear Jesus, thank you for dying on the cross to save us from our sins. Thank you that you also take away our heavy load of worries. Amen.

For more information about Grow Ministries and other resources for ministry to children, young people and their families, please contact:

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