

'Learn from me' 5-11 July 2020

Bible time  **Matthew 11.16-19,25-30**

Jesus reassures us that no matter how busy life is, if we ask him, he will share our burdens and give us rest.

Life today

Have you ever been in a situation where it feels like you can't win? Where no matter what you do or say, someone will argue against you? Think how that feels as you read this story, where Jesus finds himself in that situation. He promises to take our burdens away if we come to him and learn from him.


Read the story together then explore it using these questions.

Question time

- What 'heavy loads' do we feel like we're carrying? What troubles or worries weigh you down?
- What helps you to find rest when you're tired out by these things?
- What do you think we can learn from Jesus?

Activity time

• Weight of worries

On a sheet of paper, draw an old-fashioned set of balance scales (). On one side of the scales, write something that worries you or leaves you feeling worn out. On the other side, write something that God offers to help take your worry/tiredness away. You could add more things to the scales – remember to keep it balanced by having the same number of things on each side.

• Rest for your souls

Invite everyone in your household to create a unique 'place of rest' that is as relaxing as possible, e.g. using a chair, bed or beanbag. Spend some time trying out each other's places of rest and discuss which you find most relaxing and why.

• Examen (daily review of thoughts, words and actions as a prayerful reflection)

At the end of each day, ask yourself these questions: What one thing today did I find most troubling? What one thing today did I find most restful? What have I learned from these things? Talk to each other and God about these things.



Jesus was speaking to the crowd. 'What are you like? You are like children playing wedding and funeral games. You sit and watch and shout to each other, "We played the flute and you did not dance." "We were sad and wept and you did not cry with us."

'John the Baptist came,' Jesus said to them. 'He did not go around eating too much or drinking. And what did people say? They said, "He has a demon in him!" Then I came along, eating and drinking and what did they say? They said, "That man eats too much! He drinks too much! He is a friend of tax collectors and even sinners!" But God's wisdom is proved by its results.'

Jesus started to pray, 'Thank you, Father, Lord of heaven and earth. You have hidden these things from the wise and the clever and revealed them to children. This is what you want. My Father has given me everything. Only he truly knows the Son. And only the Son truly knows the Father. But the Son wants to tell others about the Father too.'

He said to the crowd, 'Come to me, anyone who is tired and carrying a heavy load, and I will give you rest.'

Then he looked at the people around him and said, 'Take the yoke I give you and learn from me. I am gentle – my yoke is easy and the load I give you is not too heavy. You will find rest for your souls.'

demon also described as an evil spirit; spiritual forces that trouble people – sometimes this might be interpreted as mental illness; **sinners** people who are not living life as God intends; **yoke** a curved piece of wood put across the neck of an animal pulling a plough or cart, and so a burden to be carried.

Prayer time

Hold on to something heavy, and imagine it representing something that troubles you. Read out the words of Jesus: 'Come to me, anyone who is tired and carrying a heavy load, and I will give you rest.' Lay down your heavy object and imagine giving all your burdens to God.