



## Nurturing Faith... Every Day in Every Way

May 10, 2015

Narrative Lectionary

**Matthew 11:28-30**



**When Your Load is Heavy Object:** Several items that are not too heavy—such as a brick or a ten pound dumbbell and an automobile jack.

How strong are you? Do you think you are pretty strong? How many of you think you could pick up this brick? How about a dumbbell like this one? Well, you must be pretty strong then. How many of you think you could pick up a car? Oh, you don't think you could pick up a car? Well, I think you could if you had some help. Here is something that would help you. It is an automobile jack. If you put this jack underneath the car and pump the handle, you can easily lift a car that weighs over 3,000 pounds! Yes, with the help of a jack, you can lift a car, but you couldn't do it alone, could you?

Some of you have some pretty heavy burdens to carry in life. Perhaps you have a physical handicap that makes your life difficult. Or, perhaps your father has lost his job and your family is having financial difficulties. Maybe someone in your family has cancer or some other serious illness and you are worried about them. You may be having a hard time making passing grades in school. I don't know what the burdens are that you have in your life, but I do know that there are some that you just can't handle by yourself. Well, guess what? You don't have to!

Jesus said, "Come to me, all you who are weary and burdened and I will give you rest." There is no reason for you to struggle with burdens that are too heavy for you. God's Word is full of promises to help us in times of trouble. Here are just a few: "Don't be afraid, I am with you." (Gen.26:24) "I'll give you strength." (Psalm 28:7) "I'm with you in times of trouble." (Psalm 34:6) These words of encouragement are just what we need to face the hard times that may come our way.

Does that mean that if we will ask him, God will take all of our troubles away? No, but he will help us. In fact, some of our struggles may help us to grow and become stronger. They may also help us to learn to trust in Jesus. But when the load is too heavy, he will help us to carry it -- and there is no burden that is too heavy for Jesus.

Dear Father, we are thankful that when we struggle under the load of life's burdens, you are there to help us carry the load. In Jesus' name we pray. Amen.

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**Gospel Acclamation** Alleluia. Those who love me will keep my word, and my Father will love them, and we will come to them and make our home with them. Alleluia (John 14:23)

## Word Search Puzzle

F Q N E Y M Y V K K D X G X E  
 Q Q K O Q R G H U M B L E M S  
 W O Q F A V E I E D T E O R Z  
 Y M O E V B N Y Q Q K C T B V  
 F N W L S W T H V A D C M U W  
 P H K G R O L E T R W T F R D  
 E M G I B U E A G E W W R D A  
 Z A A V G P S R R W C H V E Y  
 M S S E Z J Z T F E C W L N T  
 Q U Q Y V X T H G Q A R X J N  
 R E S E M X E N U E L Y N R W  
 X C C O I I Y X M J F I A A K  
 E I Z A U S S L Y J K E G Y D  
 Y I J O L L V N I X L E R H V  
 W G T R L L S K E R E S T K T

HUMBLE	ALL	LEARN	LIGHT	YOKE
SOULS	WEARY	GENTLE	TAKE	HEART
COME	GIVE	EASY	BURDEN	REST

**HEAVY RELAY:** Teacher can make two heavy identical backpacks for children to carry on their backs in a relay game. Another idea for the relay race would be to ADD one item each time a team player run to the LINE and will put an item IN the bag and crawl back to their team with the bag on their backs (or just running and carrying the bag); and will then give the bag to the next team player to run to the LINE and get another item in the bag, etc.

**BIBLE VERSE SCRAMBLE:** The teacher can have our Bible verses today (Matthew 11:28-30) written on pieces of paper and hidden around a designated area. When the teacher says BIBLE VERSE SCRAMBLE, the children will try to find all the pieces of the Bible verses and bring them back to the table and see how long it takes them to put the verse together. This can also be done as teams to see which team can put their verses together first. In order to play this as teams, the teacher will have to have the Bible verses written out on two separate colors and name the teams BLUE and RED, etc so the children will only hunt for their own colored verses to put together.

THANK YOU, GOD FOR HELPING ME.



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