



Nurturing Faith... Every Day in Every Way

July 9, 2017

Fifth Sunday of Pentecost

Zechariah 9:9-12

Psalm 145:8-14

Romans 7:15-25a

Matthew 11:16-19, 25-30



When Your Load is Heavy. Object: Several items that are not too heavy.

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.

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.

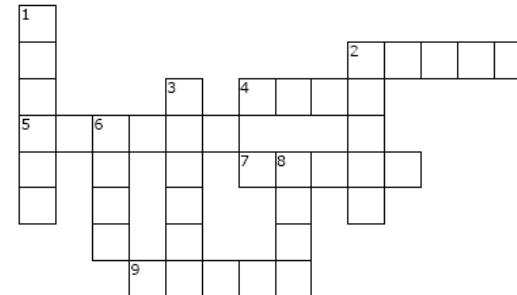
Does that mean that if we will ask him, God will take all of our troubles away? No, but he will help us. In fact, some of our struggles may help us to grow and become stronger. They may also help us to learn to trust in Jesus. But when the load is too heavy, he will help us to carry it -- and there is 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. Blessed are you, Lord of heav'n and earth; you have revealed these things to infants. Alleluia. (Matt. 11:25)

Crossword Puzzle



ACROSS

2. Not heavy
4. The opposite of go
5. A heavy load that you carry
7. The place within a person where their feelings or emotions are
9. Very tired, especially after working hard for a long time

DOWN

1. Not proud or not believing that you are important
2. To get knowledge or skill about a subject
3. Calm, kind or soft; not violent
6. Stop and relax to regain your strength
8. Not difficult

WEARY COME	HUMBLE HEART	EASY LIGHT	BURDEN GENTLE	REST LEARN
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"COME TO ME" MOBILE: Let the child draw and cut out barbells and write a phrase from today's lesson on each barbell and make a mobile out of the barbells. The biggest barbell could have today's Bible verse on it and the smaller ones could have such phrases as GOD HELPS US, GOD GIVES US STRENGTH, GOD ENCOURAGES US, and GOD LIGHTENS OUR LOAD! The child could wrap the hanger for the mobile with strips of cloth, or heavy yarn or chenille wire for more color on their mobiles.



For my yoke is easy, and my burden is light.
Matthew 11:30

THANK YOU GOD FOR HELPING ME

