

Come to Me

Bible story:

Matthew 11:16-19 and 25-30 (Video of greeting and bible verse read by Nycole available on the website)

Questions to ask:

When is it hard to listen for Jesus?

When and where is it easy for you to rest?

Who helps you when you are worried about something?

Why do you think crowds of people followed Jesus everywhere?

Why is this important?

Jesus has sent his disciples into the cities around Galilee. He's speaking to the crowds that continue to follow him. He is sharing with the gathered people the special relationship he has to God, whom he calls "Father." He offers the people a change in life, inviting them to follow him and learn from him.

Jesus invites weary people to set down their loads. While most kids in our nation don't literally carry heavy things all day, they're often loaded with busy schedules, and worried about achievement or grades or managing relationships and the expectations of others. Instead of scolding or harping, Jesus offers rest, and a different way to live.

Interactive Lesson:

Lay some quilts or blankets, and pillows, on the floor. Tell your kid(s) that today's story is like a bedtime story, and invite them to get comfortable. Read the bible story Matthew 11:16-19 and 25-30. Remind kids of Jesus' promise to give us rest from carrying heavy burdens. Ask your kid(s) about who they know who could use the rest Jesus promises.

Have the children sit with a pillow. Worrying is very normal. Let's see what things you worry about. Stand up if you worry during storms. Sit down. Stand if you worry about the dark. Sit down. Stand if you worry about your family sometimes. Sit. Stand if you worry about tests. Sit. Stand if you worry about something I haven't mentioned. Sit. All of us worry about things, but today we'll learn that we can give our worries to Jesus and rest in him. Hand your child(ren) a pillow, and invite them to pray silently about something they are worried about. When your child(ren) have had a chance to hold the pillow, close with Amen.

Art Ideas:

Drawing:

Have children draw their favorite place/way to rest

Rest Craft (door hanger):

