



Give it all to Jesus

Matthew 11:16-19, 25-30

Here are some activities you can do this week together as a family



BIBLE PASSAGE

Read together the story from Matthew 11:16-19, 25-30, and then consider the questions below:

- How does Jesus make things easier and lighter?
- How does Jesus give us a real rest?
- What can we learn from Jesus in how to live?

In the first part of these passages, Jesus explains that He and John the Baptist didn't exactly meet the expectations of people. He goes on to say that the only way that we get to know God is through Jesus. Jesus also shares one of the most famous verses in the Bible. He says all who are tired should come to Him. By following what Jesus says and does, we can learn from Him about how to live our own lives. On top of this, Jesus explains that if we do this, He will give us a real rest, because Jesus puts nothing heavy on us!

Just for Fun!



Either by using a space outside or some objects/bits of furniture inside, create an obstacle course. Once finished, you need to get a volunteer to be blindfolded and go through the obstacle by listening to instructions. Why don't you swap and have a go yourself afterwards?

Build a Fort



Rearrange the furniture, cushions and blankets inside to create a fort. Then once you have finished why don't you invite your family to chill in the fort for some time. You could even spend the night there!

GET CREATIVE!

Jesus said that He could give us rest for our souls, one way of resting is by sleeping. So, we are going to try and create our own sleeping masks;

For this craft you will need bits of scrap fabric, elastic/string, coloured paper and glue. Find bits of scrap fabric and turn them into a mask shape and then glue other things on to decorate it. Finish by tying or sticking some elastic/string to make it wearable. We would love to see your creations and you can email them to jonathannewbould@aol.com



Prayer: Ask for help

Jesus explains that with Him our struggles in life can be made easier – if we are tired, scared, upset, lonely, stressed or anything else Jesus can help us.

Spend some time praying about these things that we are struggling with and ask God to make them better. Amen!