

# Grown Up Page!

## Assignment

Find books or other heavy objects around the house. Ask your child to stand with arms out. Start handing them one item at a time. At first it's easy! Keep handing them the objects.

Soon the items start to become a burden to hold. After they are loaded down ask them to try and walk around. As you see them struggle go to them and begin lifting the objects from them and share their burden. Explain to them that this is how the things of the world become to us. At first we don't even realize it, but after a while we become weary. Jesus wants to lift the burden of sin and the cares of the world from us.

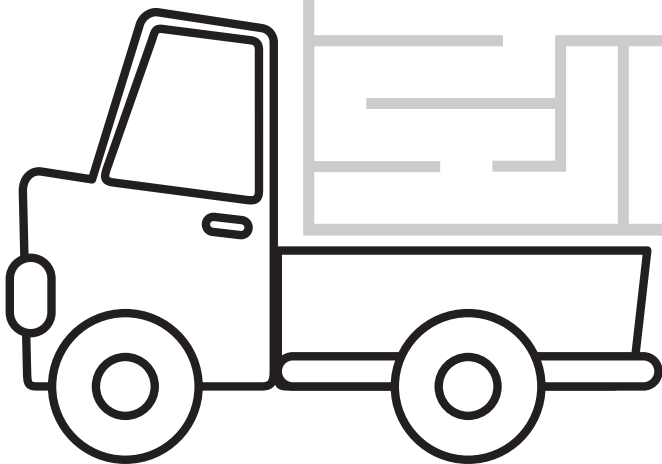
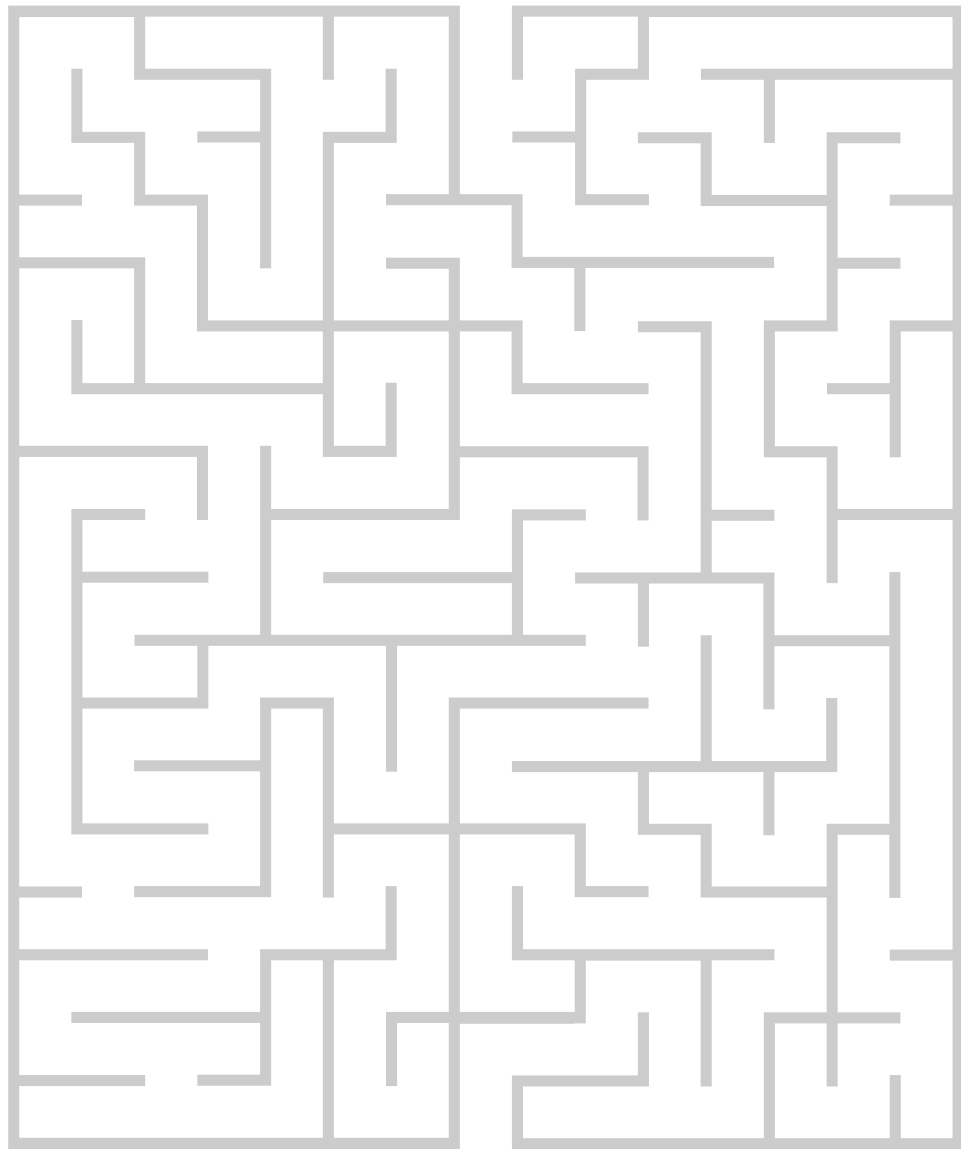
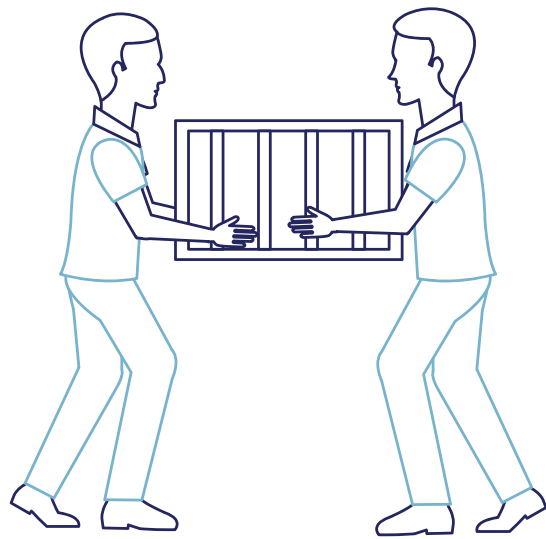
## Prayer

Dear Jesus,  
Thank you for loving me! In 1 Peter 5:7 you tell me to cast all my fear and worry on you because you care for me! I give you my burdens now. Thank you for walking by my side to help me through each day! Thank you for giving me your shalom peace! I love you Lord and it's a pleasure to praise you! Amen!



Come to me, all you who are weary and burdened, and I will give you rest.  
Matthew 11:28

That box sure is heavy!  
Joel and Aaron are sharing  
the weight of it together.  
Let's help them find their  
way through the maze and  
load it onto the truck.



Bear one another's burdens, and so fulfill the law of Messiah. Galations 6:2

"Take My yoke upon you and learn from Me; for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

Matthew 11:29-30

