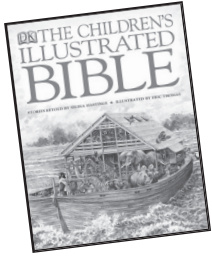


Ordinary Time, Proper 9



The Children's Illustrated Bible
page 251

Jesus said, "Come to me, you who are weary and are carrying heavy burdens, and I will give you rest. 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 11:28–30 adapted

☐ Jesus Makes It Easy

Show the drawing on page 251 of *The Children's Illustrated Bible*, and read Matthew 11:28–30 and Psalm 55:22. In every society and culture, animals bear burdens that people cannot. Camels, donkeys, llamas, and horses are “beasts of burden” that carry packs too heavy for people. Service animals are seeing-eye dogs, hearing dogs, or working dogs such as police dogs. In some countries, beasts of burden wear “yokes,” wooden frames to help them pull a plow or carry heavy things. The yokes help animals share the job of carrying heavy burdens.

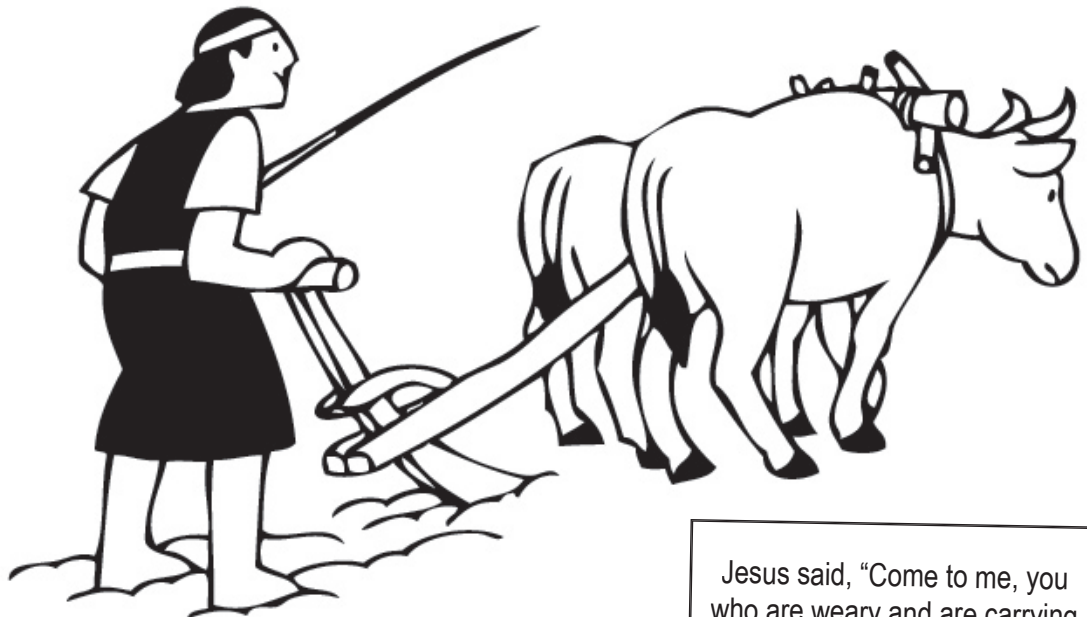
Jesus shared with people enjoying life. He invited them to learn from him and follow him. Jesus talked about our wearing a “yoke” by sharing his good news. Jesus said his yoke was easy, and when we worked for him, we would also find rest. We should feel great joy when others learn about Jesus from the way we act. Read Doctrine and Covenants 16:3f–4a.

Give each kid a plastic grocery sack that can be tied together at the top. Have them fill it with an assortment of supplies, toys, and books from the classroom, making sure it is not too heavy. Have them practice carrying this bag over their shoulders around the classroom. It's heavy, right? Using a broom handle or other long stick, choose two kids and tie their heavy sacks to each end of the pole. Then lift it onto their shoulders and have them carry it around the room. Give everyone a chance to try this. It is much easier when two share the load. This is what Jesus means about his burden being light. After everyone has a turn, put the supplies back and let kids lay on the floor and rest. This is what Jesus means when he says, “Come to me and I will give you rest.” Doesn't it feel good just to relax?

☐ Jesus' Voice



Sometimes it is not easy to hear Jesus' voice through all the noise in the world. Play a game to experience this. Blindfold one kid and have them stand at one end of the room. Ask another kid to play “Jesus” and stand across the room. Have “Jesus” call out, “Come to me,” over and over as the blindfolded kid walks slowly toward the voice. Once the two meet, tell them that they are going to do it again, and encourage the one blindfolded to listen for the voice of Jesus. Ask the rest of the kids to spread out around the room, and change the location of “Jesus.” At the signal “go,” tell everyone (except the blindfolded child) to softly speak the words, “Come to me,” at the same time. The blindfolded kid will have a hard time finding “Jesus” with so much noise in the room. Allow everyone to have the chance to be Jesus or be blindfolded. After the game, discuss how difficult it was to hear Jesus' voice. Remind them that we must listen carefully if we are to hear Jesus.



Find the words COME, TO, and ME several times in this word search.

E C O M E C O M
C O M E T O M E
O M C T O M T O
M E O M E E M E
E T M T O T T O
T O E C C O M E

Jesus said, "Come to me, you who are weary and are carrying heavy burdens, and I will give you rest. For my yoke is easy, and my burden is light."

—Matthew 11:28, 30 adapted

Jesus says to wear his yoke (do what he teaches) and he will take care of you. Which of these activities is difficult to do when you are alone but easy if Jesus helps you? Did you pray for Jesus' help?

- first day of school
- taking a test
- learning how to swim
- helping my family
- making a new friend
- praying in church

Share a yoke with Jesus. Draw yourself here.

