

Hi Families,

Below is a bible verse, talk and some activities that you can do as a family.

1. Watch the *Warmed by His Spirit* story and/or read the bible verse
2. There is a children's song for the kids to watch and sing along and do the actions with.
3. Choose which activities you might like to do together or sheets that the children might like to do on their own

Theme: *Heavy Burdens*

Story: *Watch the Heavy Burdens story*

Scripture: *Matthew 11: 25-30*

Kids song: *Watch the Amen song, sing along and do the actions*

Activities: *Choose from the following Activities*

1. Give you rest wall hanging craft

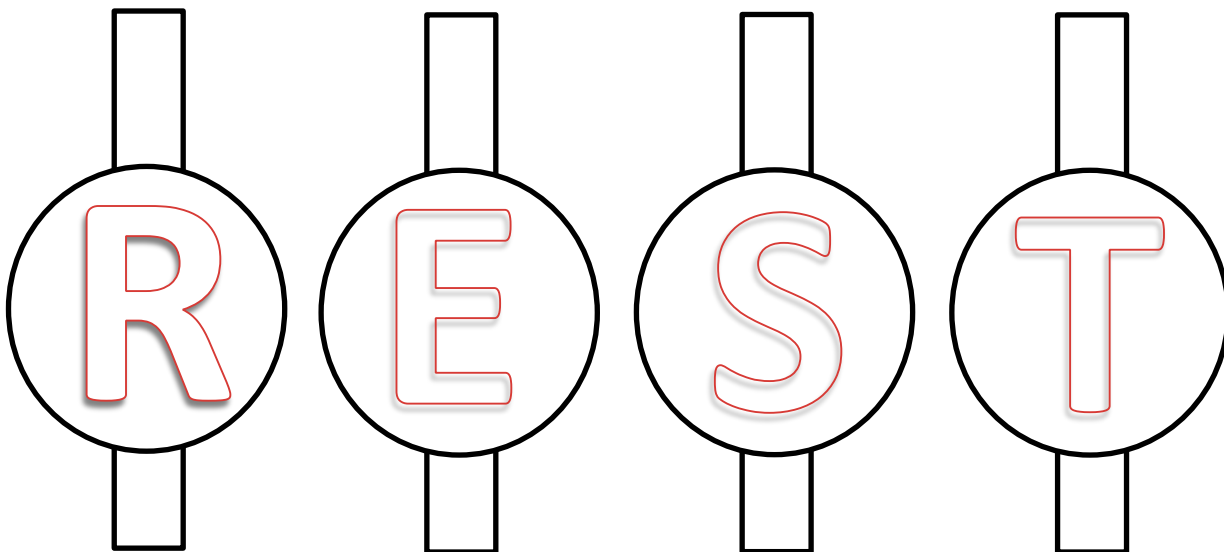


See template and instructions on next page

2. Colouring in page
3. Crossword
4. Word Search

Instructions:

- Cut out and colouring in the rectangle picture and the letters
- Glue to letters to the man picture
- Hang on your wall/fridge/door



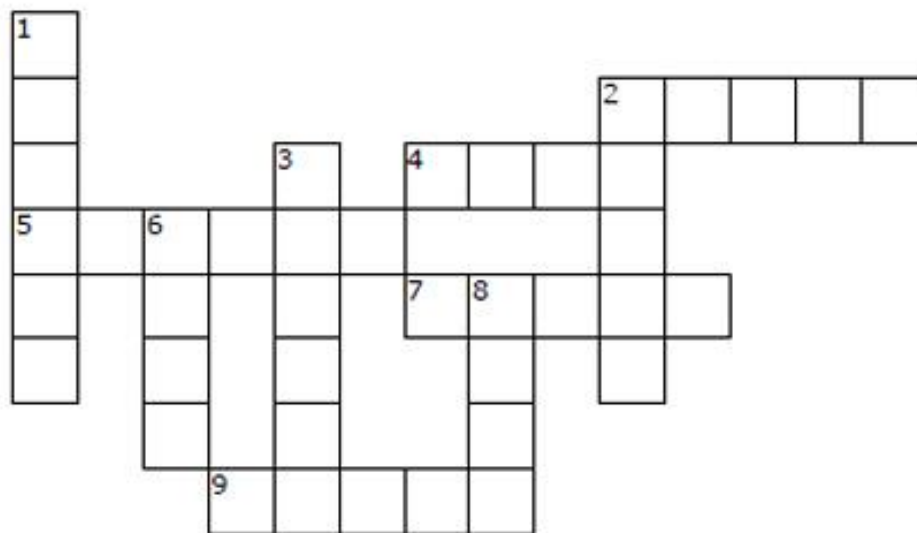


Thank you, God, for helping me.

Rest for the Weary

"For my yoke is easy and my burden is light." Matthew 11:30 (NIV)

Based on Matthew 11:28-30 (NIV)



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

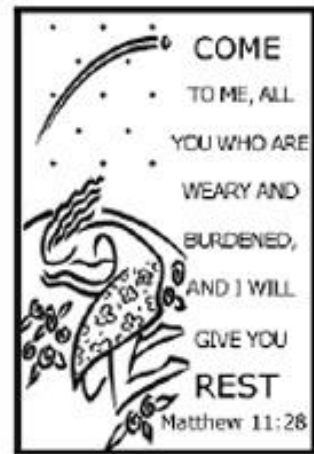
- 1. Not proud or not believing that you are important
- 2. To get knowledge or skill about a subject
- 3. Calm, kind or soft; not violent
- 6. Stop and relax to regain your strength
- 8. Not difficult

WEARY	HUMBLE	EASY	BURDEN	REST
COME	HEART	LIGHT	GENTLE	LEARN

Rest for the Weary

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Based on Matthew 11:28-30 (NIV)



F Q N E Y M Y V K K D X G X E
Q Q K O Q R G H U M B L E M S
W O Q F A V E I E D T E O R Z
Y M O E V B N Y Q Q K C T B V
F N W L S W T H V A D C M U W
P H K G R O L E T R W T F R D
E M G I B U E A G E W W R D A
Z A A V G P S R R W C H V E Y
M S S E Z J Z T F E C W L N T
Q U Q Y V X T H G Q A R X J N
R E S E M X E N U E L Y N R W
X C C O I I Y X M J F I A A K
E I Z A U S S L Y J K E G Y D
Y I J O L L V N I X L E R H V
W G T R L L S K E R E S T K T

HUMBLE
SOULS
COME

ALL
WEARY
GIVE

LEARN
GENTLE
EASY

LIGHT
TAKE
BURDEN

YOKE
HEART
REST