

Activities for Sunday 5th July

Watch Matthew 11:25-30

<https://www.youtube.com/watch?v=H45j196vUGM&pbjreload=101>

Prayer Activity

Reflect on the word "rest."

- Do you feel rested after the night that has dawned on this new day?
- What does the word rest mean for you?

Think of each letter: R. E. S. T.

- Can you think of a word to associate with each letter that helps you to understand what Jesus means in giving rest for the weary?

Write those words down and, if you wish, share your thoughts with someone close to you.

Sing <https://www.youtube.com/watch?v=bYrcrP1ysjw&pbjreload=101>

Worry Jar

You will need: a glass jar (lids are optional), permanent markers, ribbon, scissors, small slips of paper, pens, pencils, PVA glue, and glue spreaders.

Take your jar and write the words 'WORRY JAR' and decorate.

Think about the things that worry you, the things which make you feel weighed down and perhaps a bit low Write each worry on a slip of paper. Think about how you could get rest from your worries which you have laid out before you, let them go by giving them through prayer to Jesus, who said it was okay to bring them to him.

Scrunch up worries one at a time as you let them go and place the scrunched-up paper in their 'Worry Jar' as a symbol of letting them go.

Listen to this song from Fischy Music:

<https://www.youtube.com/watch?v=au1HOSRzMqg&pbjreload=101>

Adapted from Spill the Beans