

Help with a Heavy Load

Theme

Jesus will bear your burdens.

Object

A brick or some other heavy object

Scripture

"Come to me, all you who are weary and burdened, 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 (NIV)

How much do you think this brick weighs? Well, all bricks don't weigh exactly the same, but the average brick weighs about five pounds. That isn't very heavy, is it? You could easily pick up a brick. Do you think you could pick up this brick up and hold it with your arm straight out to the side of you like this? (Demonstrate it.) You might be able to hold it for a minute or two, but do you think you could hold it all day? No way! The longer you hold it, the heavier it feels.

That same thing is true of the burdens we carry around with us. What are some of those burdens? Here are a few examples: some of you may be having trouble with your school work, perhaps you are having trouble at home, perhaps you may have a serious illness, you may be feeling guilty about something you have done, your family may be having financial difficulties, or maybe one of your playmates has been making fun of you.

That is a pretty heavy load to have to carry by yourself, isn't it? Well the good news is you don't have to carry it alone! In our Bible lesson for today, Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest." Then he went on to say, "My yoke is easy and my burden is light." Jesus is our helper. Sometimes we hold on to our burdens and try to carry them ourselves, but Jesus will help us, if we will let Him.

Whenever your load is too heavy, remember the words to this song:

I must tell Jesus! I must tell Jesus!

I cannot bear my burdens alone.

I must tell Jesus! I must tell Jesus!

Jesus can help me, Jesus alone.

Father, sometimes our burdens are more than we can bear. Help us to remember that Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest." In his name we pray. Amen.