



THE CATHOLIC PARISH OF  
**BOGNOR REGIS AND SLINDON**

We are followers of Jesus, on fire with his love,  
sharing that love with each other and with the world.

## Sunday 5<sup>th</sup> July - Come to me and Rest

All the content below is for you to make your own, please do read through it, pick what would work best for your children and would best engage them.

Rest assured of our prayers for your family and you this coming week!

Vicki Edgington

**Reading: Matthew chapter 11 v 25 - 30 "Come to me and Rest"**

At that time Jesus said, "Father, Lord of heaven and earth! I thank you because you have shown to the unlearned what you have hidden from the wise and learned. Yes, Father, this was how you wanted it to happen.

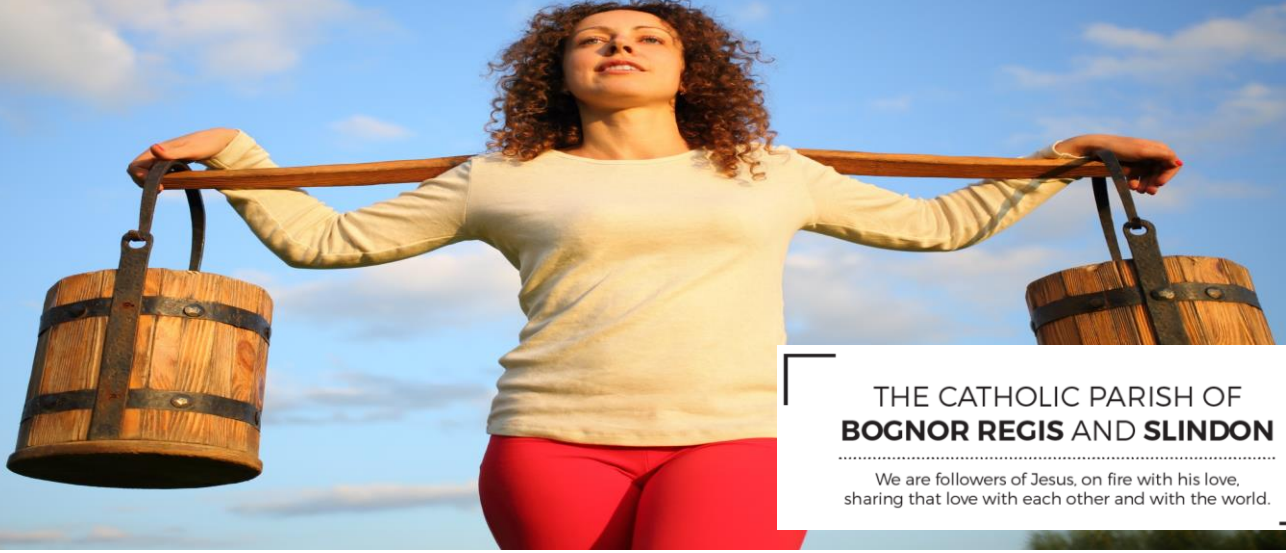
"My Father has given me all things. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

"Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. For the yoke I will give you is easy, and the load I will put on you is light."

### Things to think about:

- Jesus says "take my yoke" - but what is a yoke? Well, it's a wooden crosspiece, that can be put over the shoulders or backs of someone carrying a heavy load. It can be carried by a human or sometimes by cattle.

This is a picture of a boy carrying water using a yoke.



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The yoke makes it easier to carry the water, it helps him.

- What do we learn about Jesus in this passage? Jesus is saying that we can turn to him when we are tired; he will help us and give us rest.
- Think about times when you have had a lot of things to do and you are tired. Maybe you had a lot of school work to

finish and not enough time to do it all? Or maybe you'd just been out for a long walk and then had to go out again. When that happens, Jesus tells us we can turn to him.

- Holidays - school holidays are coming up. How can we pray to God when we are at rest?

### Prayer

Loving father,

Thank you for sending us your son.

Thank you for being there for us when we are tired and need rest.

We pray for ourselves, today and our families over the summer holiday.

Amen

### Activities

1. Colour in the picture from Cafod which shows people with heavy loads. How can God help them?
2. Make a 'rest bag'. Think about the rest you are going to have tonight - what can you pack in your bag to make sure you have a really great rest.

Don't forget to talk to Jesus, say your prayers! Jesus helps us to have rest - he shares the things that worries us; he forgives us when we say sorry.