

Children's Message for July 5th 2020

Objects: A picture of a yoke for oxen, yarn or ribbon, a rock and other props that might be fun to try out with wrists joined together.

Scripture: Matthew 11:25-30

At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all you that 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."

Message

Our reading today talks about being yoked together. Do you know what a yoke is (take all answers)? It is not something we see everyday now but in Jesus time it was a familiar thing. (Show the picture and describe how a yoke keeps the oxen together so that they can pull together and work together.) How do you think this feels to the oxen to be hooked together like this? I think it could feel hard and burdensome. But it also could make the work lighter and easier together. Let's try an experiment.

(With yarn, ribbon or string loosely tie your wrists together with your child/children)

Ok, now that we are all tied together, let's see what we can do. Let's try waving together. Now try clapping. Let's try writing in the air (or use pen and paper). Can we pick up this rock together? (Have a small and a large rock to see which is easier to pick up.) What is it like to be yoked together? What is hard about it? What is fun about it?

Jesus is teaching about how some things in life, even things in our faith and our religious practices can become difficult or a burden. He says that what he teaches and what he promises is that even as we are yoked together to him, we are also given rest. Our life in faith and walking with Christ will bring rest to our hearts and we can live connected to one another, helping each other, which makes the walk lighter and set us us free to be like Jesus to love and care for one another.

Prayer

Jesus, help us to be yoked to you so that our hearts and spirits can rest and also know you in all we do. Show us how to be connected with one another and share your love with all the people and all the nations.

Optional Activity

Continue to try ways for you and/or your child/children to do things around the home or outside with wrists yoked together. Find ways to help each other and/or give the other person rest.

Source: faithformationjourneys.org