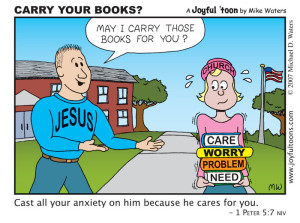
**Theme – Jesus our Burden Bearer**



**Objective Summary**

Jesus wants us to give all our worries and anxieties to Him

**Resources needed**

Bibles

Paper to trace and colouring crayons (for the beginners & primaries)

Pencils/pens, paper (older children)

**Scripture**

Philippians 4:6-7

**Memory verses**

**1)“Blessed be the Lord, who daily bears us up; God is our salvation.”** Psalms 68:19

2)“Cast all your anxiety on him, because he cares for you.” 1 Peter 5:7

**Younger Children**: Allow the younger children to choose the memory verse they prefer to learn. Parents please write the memory verse for the younger children in large letters and stick it on the walls of their room. Each night read it once and see how much of the verse they remember.

**Older Children:** We are encouraging you to learn both memory verses. Write out the verses on multiple memory cards or on post it notes and stick them all over the house. You can also stick on the cover of wrapped text books.

Discussion

School starts in a couple of weeks for most of you, however it will be a little different from what you are used to. Instead of the hustle and bustle to get to school on time some of you will be getting ready for school at home. For those of you physically going to school, you will have to wear a mask and will not be able to play with your friends like you are used to doing.

You might feel anxious and worried because:

* You did not quite like online school when you tried it last term and you are not sure you can learn using that method
* You might not like your new teacher
* You will be going to a new school and not sure if you will make new friends
* Your old friends might find new friends because they have not seen you in a long time

All this worry and anxiety towards a new school term can feel like carrying a heavy backpack. I am sure most of you can relate to a heavy backpack, you cannot wait to get to your classroom to put it down or you wish you did not have to carry it at all.

Well, I have some good news for you! You do not have to carry all those worries around with you! The Bible tells us that God will carry those burdens for us. Today, tomorrow and on any day you can give them to Jesus. He will carry them for you.

**Prayer:** Lord, we are thankful that we do not have to carry the heavy burdens of life around on our backs. We thank you for caring about us and taking care of all our anxious thoughts and moments. In Jesus name, we pray Amen.

**For the Older Children**

Write down in a private place your worries and concerns. Then for each concern, pray to God about the concern. After each prayer, tick the relevant concern and write “sent to God”.



