**ROOTS at Home for Families**

4TH SUNDAY AFTER TRINITY

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Jesus calls us in this passage to come to him and learn from him. Now more than ever we may feel the need to be self-sufficient and ‘keep going’. Take time as you worship together today to give over anxieties, concerns and ‘to-do’ lists to God and learn to rest in him.

**Gather**

*Use this prayer as you begin your time of worship.*

Father God,  
we come to you to find rest today.  
Help us to be ready to learn from you.  
Amen.

**Read**

*Share the Bible story using the idea below to help you explore it together.*

**Bible story**

Open the Bible at Matthew 11: 16-19 and 25-30: Jesus reassures us that no matter how busy life is, if we ask him, he will share our burdens and give us rest.

Explain that this story happens in a marketplace. You could help pack some shopping, e.g. fruit, vegetables, bread and tinned food into a large rucksack. Put on the rucksack and then read the story as you walk around the room. When Jesus asks the crowd to come to him, take off your rucksack.

**Picture the scene**



Jesus was speaking to the crowd. ‘What are you like? You are like children playing wedding and funeral games. You sit and watch and shout to each other, “We played the flute and you did not dance.” “We were sad and wept and you did not cry with us.”

‘John the Baptist came,’ Jesus said to them. ‘He did not go around eating too much or drinking. And what did people say? They said, “He has a demon in him!” Then I came along, eating and drinking and what did they say?

They said, “That man eats too much! He drinks too much! He is a friend of tax collectors and even sinners!’’ But God’s wisdom is proved by its results.’

Jesus started to pray, ‘Thank you, Father, Lord of heaven and earth. You have hidden these things from the wise and the clever and revealed them to children. This is what you want. My Father has given me everything. Only he truly knows the Son. And only the Son truly knows the Father. But the Son wants to tell others about the Father too.’

He said to the crowd, ‘Come to me, anyone who is tired and carrying a heavy load, and I will give you rest.’ Then he looked at the people around him and said, ‘Take the yoke I give you and learn from me. I am gentle – my yoke is easy and the load I give you is not too heavy. You will find rest for your souls.’

**A yoke** is a curved piece of wood put across the neck of an animal pulling a plough or cart, and so means a burden to be carried.

*Spend time reflecting on the Bible passage, using the questions below as appropriate.*

Talk together with children

* The scene is set in a busy marketplace. Have you ever been somewhere really busy?
* Think of a time when you have been really tired. How did it make you feel?
* What did Jesus tell us to do with our troubles and worries?

Talk together with young people

* What does this passage say about wisdom?
* How does it feel, knowing that God offers to provide rest from our burdens?
* What expectations do people have of Jesus in this passage?

## Activities and prayers

#### Choose from the activities below and do either or both of them.

Play

Who said it?

Talk about the mention of ‘wisdom’ in the passage from Matthew’s Gospel. Discuss what you think of as wisdom, or who you think of as wise. Have a quiz to decide who said some [‘wise’ quotes](https://www.rootsontheweb.com/media/21013/proper-9-yp-who-is-wise-template.pdf). Print off the quotes and cut them up to separate the person from their quote, and then try to match them into pairs.

Create

See it differently

Create a symbol of how Jesus reveals God’s wisdom

**You will need:**cardboard tubes, pens, stickers, card, scissors, sticky tape.

* Take the cardboard tube to decorate using pens and stickers, and write the words ‘God’s wisdom’ on the outside.
* Measure and cut cross shapes from card, small enough to fit one on the end of each tube (you can pre-prepare for younger children). Fix your cross on to the tube using sticky tape.
* Look through the other end of the cardboard tube and see the cross. Talk about how what Jesus did revealed God’s wisdom to the world.

**Think/reflect**

*Spend some quiet time reflecting on the passage, as well as what you have been doing in the activity or activities you chose.*

Sharing the load

Watch together the [video clip of the Brownlee brothers](https://www.youtube.com/watch?time_continue=18&v=liCRrheKIOI), where Alistair helps Jonny cross the finish line. Ask everyone if they can think of a time when someone helped them finish something particularly difficult.

The commentator – and even Jonny himself – wasn’t expecting Alistair to help Jonny finish the race in such an amazing way; he exceeded expectations! Ask: are there any examples you can think of where someone has done this for you, or when you think you might have done something unexpected?

**Pray**

*Finish your time of worship by praying:*

*God the burden-bearer  
we thank you for your promise of rest.  
Today, we think of those  
who are struggling at this time.  
We particularly pray for…  
and ask you to lift their burdens  
and give them rest.*  
**Amen.**