

# look

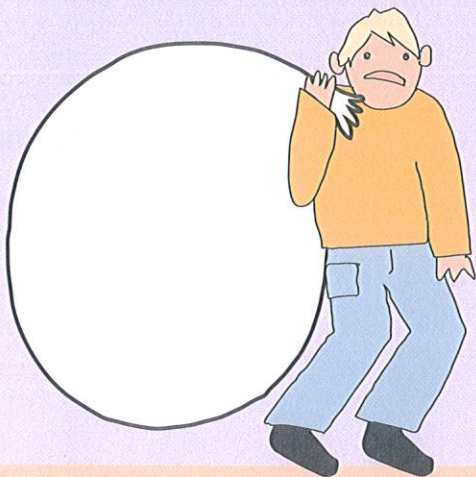
Sunday 9 July 2023  
14th Sunday in Ordinary Time  
Matthew 11:25-30

## In the GOSPEL TODAY

### JESUS WANTS TO HELP

#### A heavy load

Here is someone who is carrying a heavy load. When we are worried it can feel as though we are carrying something heavy. Inside this sack draw or write something which worries or troubles you.



#### Give it to God!

God loves us. He doesn't want us to carry heavy loads. God says that we can give all our troubles to him. In your imagination hand over to God your big, heavy sack of troubles!



#### A PRAYER TO SAY

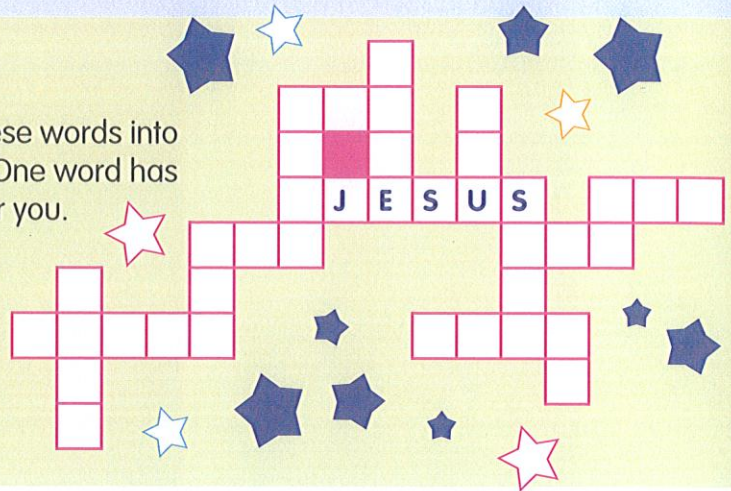
Dear Jesus, thank you for loving me and wanting to help me. Please help me to share your love with other people, so they know you love them and want to help them too. Amen.

When Mary goes to the tomb where Jesus is buried she finds the stone is rolled away from the entrance and Jesus' body is not there! Mary rushes to tell the others. When they see the grave cloths they understand – Jesus has risen. He is alive!

#### Puzzle

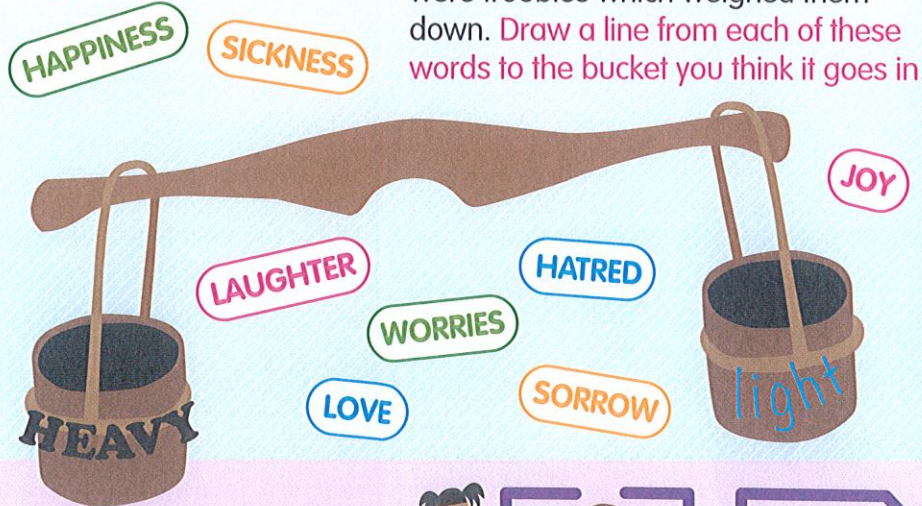
Can you fit these words into the squares? One word has been put in for you.

**JESUS**  
COME TO HIM  
ALL WHO ARE  
TIRED AND  
HE WILL GIVE  
YOU A REST.



#### Heavy or light burdens

In Jesus' day people used to carry heavy loads on yokes resting on their shoulders. The loads Jesus spoke about were troubles which weighed them down. Draw a line from each of these words to the bucket you think it goes in.



#### Come to me

Jesus wants to help us. Help this person get to Jesus.

