

# WORD of the week

Have everyone in your family share something that feels heavy in his/her life right now.

Pray as a family over each situation.

Ask each family member what he/she thinks is the heaviest animal on land as well as in the ocean. Take a few moments to look it up!

Remind your family that nothing we feel is too big or heavy to bring to God!

What are some heavy things that other people might be carrying right now?

Pray specifically that Jesus would give rest to that person.

Now write them a card, letting them know you were thinking about and praying for them!

# HEAVY

Read Matthew 11:28 together.

“Come to me, all of you who are weary and carry HEAVY burdens, and I will give you rest.”

Discuss together--What are burdens? What does Jesus mean when he says he'll give us rest?

Start with the word **feather**. End with the word **house**.

Can you name 15 things that progressively get heavier in weight?

Take a moment to thank Jesus, that no matter how light or heavy our heart feels, we can bring it all to Him.

Think of something either inside or outside that is too heavy for 1 person to pick up.

Lift it together as a family and remind everyone that, being a family means each person is there for one another.