

Lessons and Activities for Fifth Sunday after Pentecost 2020

Gospel Story: God is With Us

One day Jesus was talking with his friends. Jesus wanted to give them a teaching about what to do when they felt lonely. Jesus wanted to give them a teaching about what to do when they felt full of worries. Jesus also wanted to remind his friends of something they already knew, but sometimes forgot. He wanted to remind them that the way to be closer to God was through God's Son. He wanted to show them how it is possible to live life close to God. "When you are lonely and feeling all alone, God is there with you," he said. "When you feel like you have too many worries to handle, God is here for you. God is your friend all day and all night. God is with us to help us not feel alone, and God is with us to help us to carry our worries."

Art: The Yoke's on Us?

Lead a discussion on Matthew 11:28-30. Ask: ♦What kinds of heavy loads can people carry with a yoke? ♦What kinds of problems are like heavy loads? ♦What does Jesus ask us to do with our heavy loads? ♦How can Jesus help us? ♦Ask each participant to draw a picture or write a poem that shows Jesus helping with a heavy load.

Praying Together

Option 1: Thank Jesus for being the partner of each child in the group.

Option 2: Pray that God shows each of us how we can best serve as God's messenger in meeting each other's needs.

Option 3: On a sheet of newsprint or poster board, use two markers of different colors to write the words of the Lord's Prayer. ****Write these words in the second color: Father, kingdom, heaven, bread.** Leave plenty of space around each of these four words. Invite participants to draw or write pictures or words around each of the four words to make the prayer more meaningful. Then pray together the Lord's prayer. Note: Be sure to distribute to participants (either in print or by e-mail) this week's Bridges to the Good News. This week's paper downloaded along with this session

Partner Game: Three-Legged Races

Pair off children. Tie two ankles together for each pair. Let children race "three-legged."

Partner Game: Balloon Pairs

Pair off children. Give each pair a balloon. Ask the children to break the balloons without using hands.

Partner Game: Obstacles

Ask children to use items in the room, house or yard (chairs, tables, etc.) to make a short obstacle course. Blindfold a volunteer. Invite the volunteer to try to walk the course alone. After 10-15 seconds, invite another volunteer to help guide the blindfolded child (or adult?) through the course. Repeat several times. Ask players to describe how it felt to help or be helped.

Partner Game: Musical Pairs

Divide young children into pairs. For each pair, tape a sheet of construction paper to the floor. (You'll need a different color for each pair.) Ask each pair to stand on its color. Play music. Invite the children to hop, dance and jump around the room. When the music stops, each pair scurries back to its square.

Craft: Puppet Pairs

Each child decorates a pair of socks to make two puppets—one puppet represents the child and the other puppet represents Jesus. Help preschoolers use felt pens to make simple faces on the socks. Kindergartners can work independently and add more complex details, such as hair. Primary children can glue collage materials (yarn, cloth scraps, buttons, beads, etc.) onto their puppets. Use the Free Play activity below.

Free Play: Puppet Play

Invite children to use the puppet pairs made in today's Craft activity for roleplays. Ask children, "What do you want to say to Jesus today? What do you want Jesus to say to you today?" Children use their puppets to act out their answers.

Song: Partner and Friend

Children can sing these words to the tune of "B-I-N-G-O":

I have a partner and a friend,

I know his name is Jesus.

J-E-S-U-S, (Sing three times.)

I know his name is Jesus.

Art: Collage Posters

Invite older participants to use torn paper and other scrap materials to make posters that illustrate Matthew 11:29. Ask participants to show heavy problems for which Jesus could offer help. Invite individuals to add words from Matthew 11:29 to the posters if they desire. Invite volunteers to share their finished work.

Music: Walking with Jesus

From a hymnal, sing or play a hymn or song reflecting today's theme, such as "I Want to Walk as a Child of the Light". Use this link to a guitar accompanied rendition of this hymn:

<https://youtu.be/eHMkLlwP7eI>

Here are the lyrics:

I want to walk as a child of the light
I want to follow Jesus
God sent the stars to give light to the world
The star of my life is Jesus
In Him there is no darkness at all
The night and the day are both alike
The Lamb is the light of the city of God
Shine in my heart, Lord Jesus
I want to see the brightness of God
I want to look at Jesus
Clear sun of righteousness, shine on my path
And show me the way to the Father
In Him there is no darkness at all
The night and the day are both alike
The Lamb is the light of the city of God
Shine in my heart, Lord Jesus

Source: Musixmatch

Songwriters: Ralph Vaughan Williams

I Want to Walk as a Child of the Light Lyrics © Boosey & Hawkes Inc

Reflection

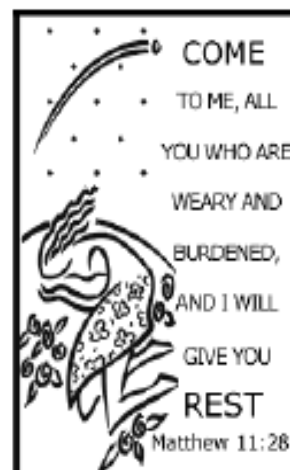
When Jesus invites us to take his yoke upon us, we may have trouble visualizing his meaning. Maybe a backpack would serve our imaginations better. Imagine a backpack on our own back, one that we can stuff as we choose. First goes in our self-image, of course, the idea of our self as the successful, self-reliant center of our small world. Next we need the material goods that go with our self-image. When we have chosen all this, are we ready to welcome One who comes in peace and humility, putting an end to our weapons and wars? Perhaps we cannot respond until our backs groan under the heavy load we carry. Reluctantly we take Jesus' pack

upon us. He has filled it with unaccustomed goods—he gives humility; instead of more and more material wealth, he gives the riches of compassion; and instead of an array of weapons, he gives a single spirit of vulnerability. We shrug our shoulders under the pack. Can this really be all we need in life? “Take my burden,” says Jesus. Take and see. This is all you need—all you ever really wanted.

Rest for the Weary

"For my yoke is easy and my burden is light." Matthew 11:30 (NIV)

Based on Matthew 11:28-30 (NIV)



F Q N E Y M Y V K K D X G X E
 Q Q K O Q R G H U M B L E M S
 W O Q F A V E I E D T E O R Z
 Y M O E V B N Y Q Q K C T B V
 F N W L S W T H V A D C M U W
 P H K G R O L E T R W T F R D
 E M G I B U E A G E W W R D A
 Z A A V G P S R R W C H V E Y
 M S S E Z J Z T F E C W L N T
 Q U Q Y V X T H G Q A R X J N
 R E S E M X E N U E L Y N R W
 X C C O I I Y X M J F I A A K
 E I Z A U S S L Y J K E G Y D
 Y I J O L L V N I X L E R H V
 W G T R L L S K E R E S T K T

HUMBLE	ALL	LEARN	LIGHT	YOKE
SOULS	WEARY	GENTLE	TAKE	HEART
COME	GIVE	EASY	BURDEN	REST