



God Talk At Home

This Week's Kingdom Quest Lesson:

The King Gives Rest

Take Home Point:

The King's burden is light.

Drive Time Home

Tickler Question: Was it hard for you to hold your arms straight out for a long time? How was letting your arms down like Jesus taking our burdens? (*Our burdens become lighter when we let go of them and give them to Jesus.*)

God Time at Home

Select questions and adapt for your family.

FOR STARTERS: Children who attended this week's Kingdom Quest can try the same activities with the family. How long can you hold your arms straight out from your side before they become too heavy to hold up? Discuss which burdens in life seem to pull you down.

In contrast, let the kids show you how to hold resistance against your arms so that when released your arms float upward. Discuss what lifts you up when carrying any heavy burdens in life.

READ THE BIBLE: See how the King's burden is light as found in Matthew 11:25-30 and Matthew 23:1-8.

KEY VERSE: Matthew 11:28: *"Come to me, all who are tired from carrying heavy loads, and I will give you rest."*

TALK ABOUT IT: How did Jesus describe the Pharisees' teachings? (*Matthew 23:4. Their loads were too hard to carry.*) If people were tired of carrying such heavy loads, where could they go to get rest? (*Read Matthew 11:28 to see what Jesus said. "Come to me... and I will give you rest."*) Is Jesus' burden heavy or light? (*Matthew 11:30. "My burden is light."*)

When Jesus said that he thanked God for hiding these things from wise and intelligent people, whom do you think he meant? (*Religious leaders or people who taught that you have to do more religious things to earn heaven.*) When Jesus thanked God in Matthew 11:25 for revealing these things to the little children, what kind of people was he referring to? (*Children and people with child-like faith who would receive the gift of what Jesus has done.*)

PRAYER POWER: Pray to surrender to God the burdens your family mentioned earlier. Thank Jesus for giving his life so all our failures can be taken away. Pray for other people who have burdens that need to be surrendered to God.

Family Time Option

One day this week, try...

Encourage family members to find time to ask one another about what they can be praying for the other person. As they pray for each other, they are helping to lift the burden and reminding one another that we should bring our burdens to Jesus.

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