

Come to me all who are weary.

Activity Sheets



Game and Challenge

Snakes and Ladders

Play a game of snakes and Ladders. (See end of sheets for game board – Print off both parts, cut out and join together to play.)

Rules:

1. Each player puts their counter on / next to the space that says, 'start here'.
2. Take it in turns to roll the dice. ...
3. If your counter lands at the bottom of a **ladder**, you can move up to the top of the **ladder**.
4. If your counter lands on the head of a **snake**, you must slide down to the bottom of the **snake**.
5. First person to reach **100** is the **winner**.

After game Question: In what way might the game of snakes and ladders be like life? Share some examples of ups and downs in life.

Endurance Test

Each participant does a series of exercises to see who can complete the exercise course the quickest. e.g. 5 sit ups, 5 push ups, 10 star jumps, and lift some not too heavy weights 10 times ETC. Make up your own set of wacky challenges.

After challenge Question: How did you feel after the challenge?

Jesus said "Come to me
all of you who are tired from
the heavy burden you have been
carrying. I will give you rest. Accept my
teaching. Learn from me. I am gentle and
humble in spirit. And you will be able
to get some rest.
Matthew 11:28-29

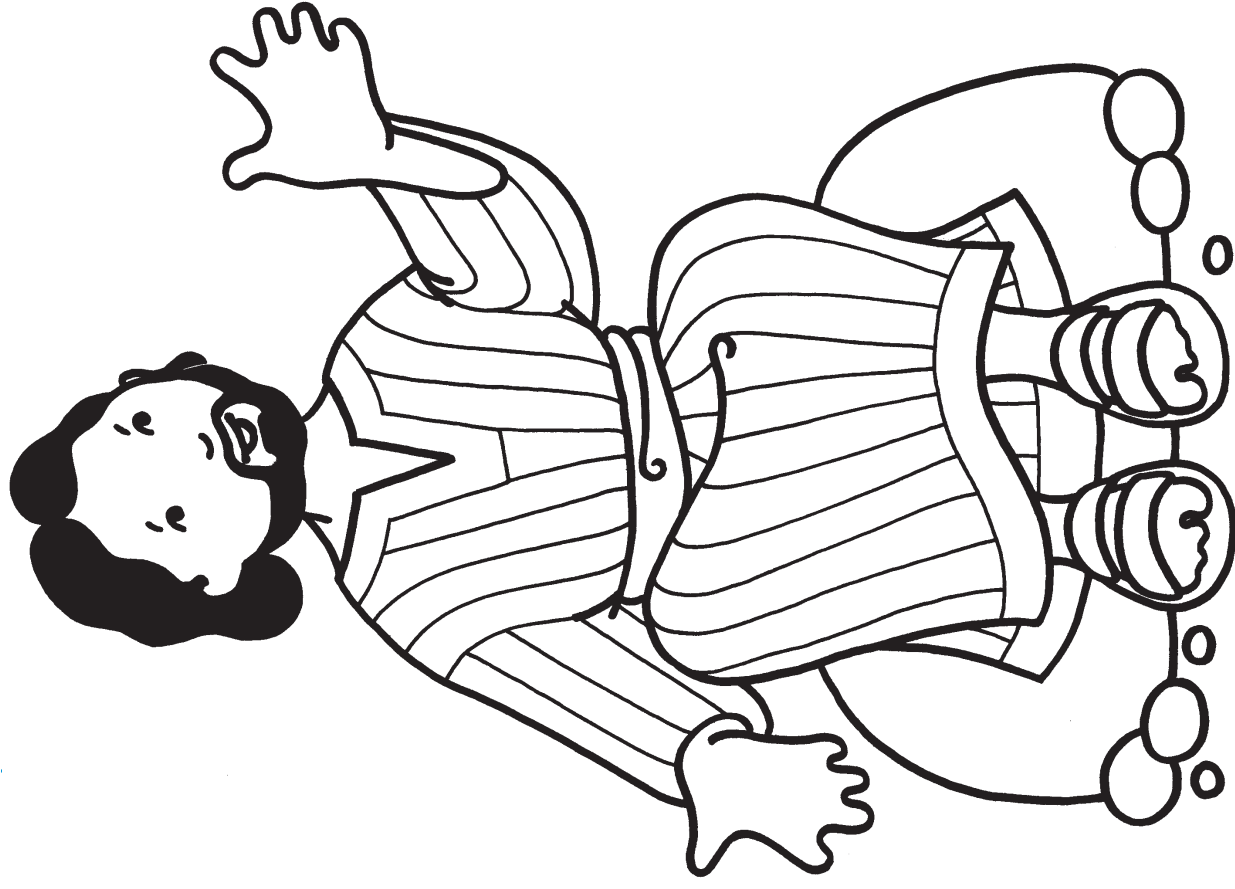
Life has many ups and downs and challenges. Sometimes when we are in the middle of difficulties we might ask, 'where is God?'. Believing in God doesn't mean life will be easy – but God is with us to help us in all of it. Jesus also promises that when we are weary and burdened he will give us rest! Wow! What a promise! All we have to do is to come to him.

What do you think of when you read the word 'REST'?



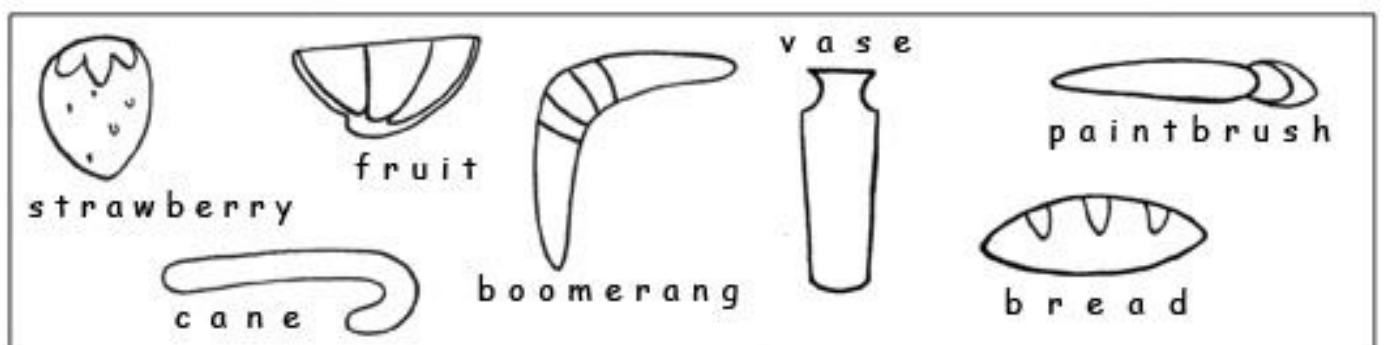
We can rest by spending time with family and God. Doing something creative, going for a walk, reading a story or having fun together.

Draw a picture of yourself resting at Jesus' feet like Mary did. Then colour it in.

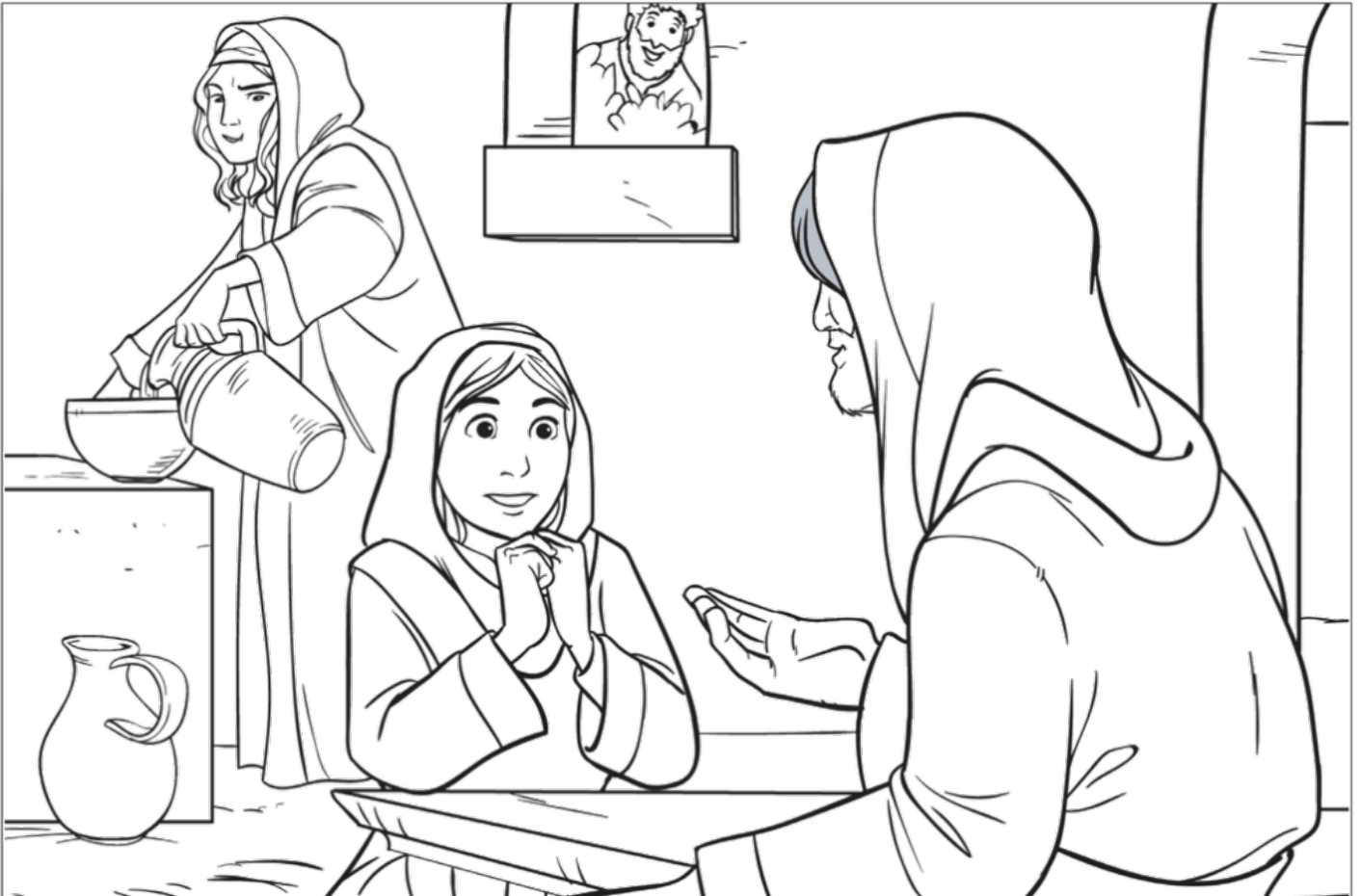
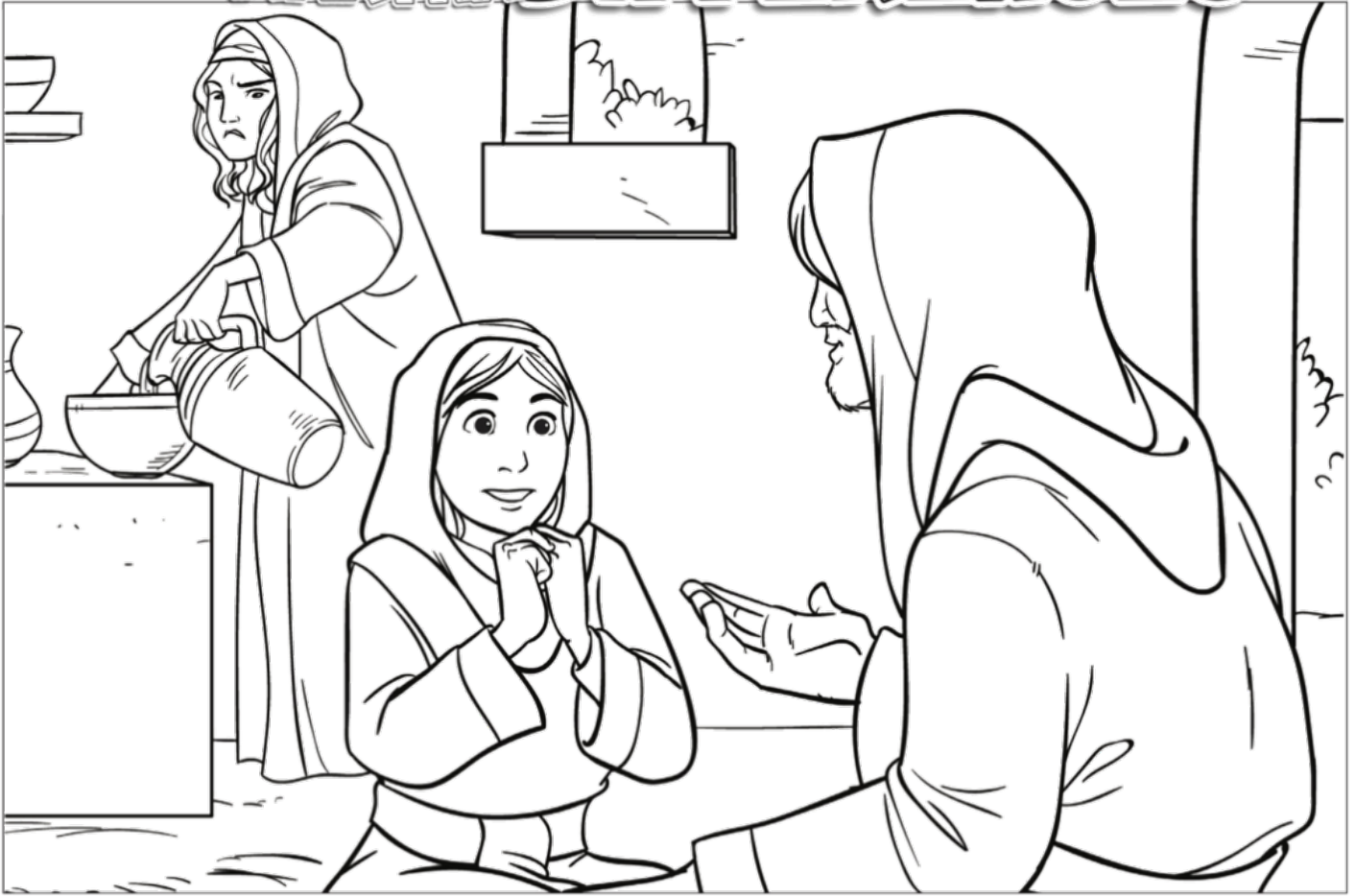




Jesus visited Mary and Martha.
Can you find all the hidden objects in the picture?



JESUS VISITS MARY AND MARTHA FIND THE TEN DIFFERENCES



Find the Word



Can you find these words from today's story, in Luke 10:38-42? (Use the Good News Bible or contemporary English Version.)

Who arrived with Jesus? (v 38)

Jesus arrived at what? (v 38)

Jesus was invited in by whom? (v 38)

She had a sister called what? (v 39)

The sister did what? (v 39, two words)

What did the upset sister call Jesus? (v 40)

What was she cross about that she had to do all by herself? (v 40, three words)

What did she want her sister to do? (v 40)

What did Jesus see she was? (v 41)

How many things did Jesus say needed doing? (v 42)



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Y | D | E | I | R | R | O | W | O |
| M | R | G | H | A | O | S | O | N |
| T | M | A | R | T | H | A | A | W |
| A | H | L | M | O | N | E | M | O |
| S | E | L | P | I | C | S | I | D |
| M | L | I | W | O | R | K | A | M |
| A | P | V | D | R | O | L | L | A |

If you don't have the Good News or CEV Bible go here:

<https://www.biblegateway.com/passage/?search=Luke+10%3A38-42&version=GNT>


<https://www.biblegateway.com/passage/?search=Luke+10%3A38-42&version=CEV>

Time with Jesus Activity


Jesus says we must come to him if we are weary. Mary came to Jesus and rested at his feet while he talked and ate with them. When we spend time with Jesus he gives us rest. Pick one of the activities below to do each day this week to rest with Jesus?

Jesus Recall


Who did Mary spend time with in today's story?
How could you spend time with him this week?




= read the Bible



= talk to Jesus about your day



= go for a walk with Jesus





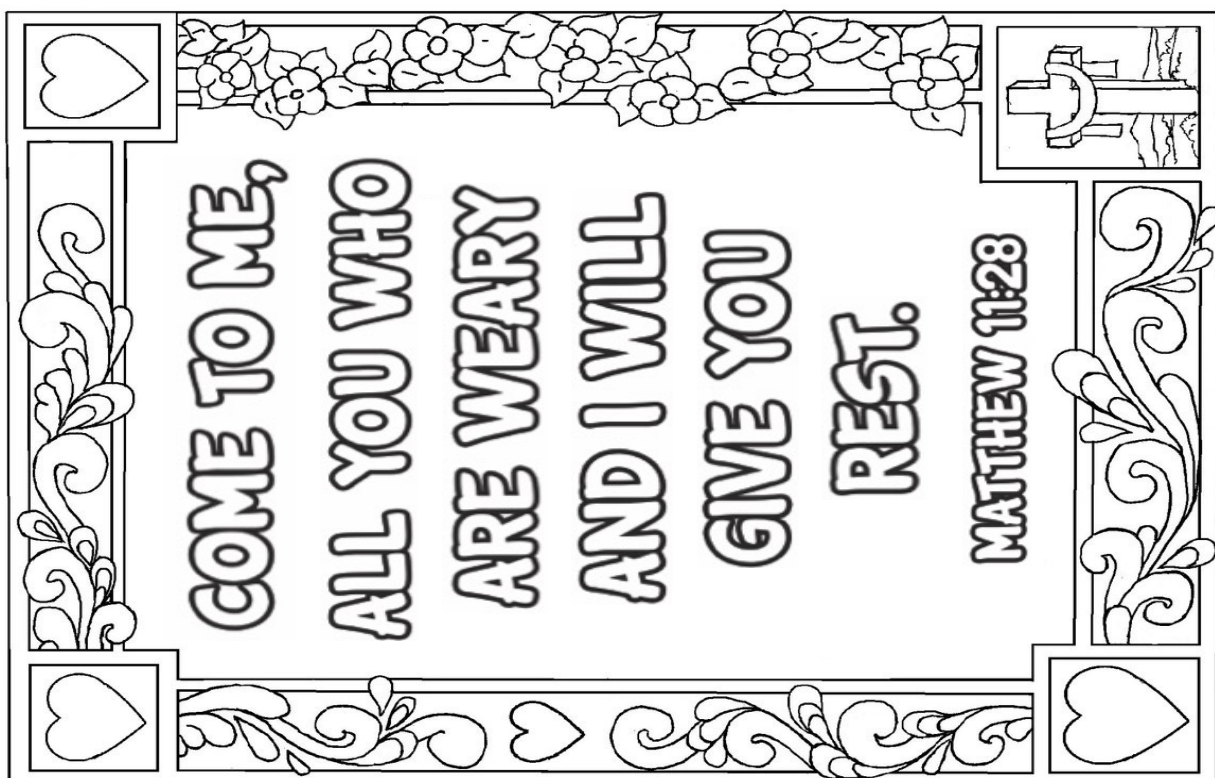
= sing praise to Jesus

Use this code to fill into the chart some plans.

| | |
|--|-----------|
| | Sunday |
| | Monday |
| | Tuesday |
| | Wednesday |
| | Thursday |
| | Friday |
| | Saturday |

© Scripture Union 2018

Use the blank spaces to fill in your own code picture and activity. (e.g.  = Be creative or  = spent time outside.)



SONG LYRICS

Life with Jesus

I could sing a new song
A song of praise to you
In everything I do do do do

Chorus

**I'm living life with Jesus,
I love it I love my
Life with Jesus,
Everyday
I'm living life with Jesus,
I love it I love my
Life with Jesus,
He always makes my day**

I could be a dancer
I move my feet for you
In everything I do do do do

Chorus

I could go exploring
And look at all You've made
In everything I do do do do

Chorus

My Lighthouse

In my wrestling and in my doubts
In my failures You won't walk out
Your great love will lead me through
You are the peace in my troubled sea
You are the peace in my troubled sea
In the silence, You won't let go
In the questions, Your truth will hold
Your great love will lead me through
You are the peace in my troubled sea
You are the peace in my troubled sea

Chorus:

**My Lighthouse, my lighthouse
Shining in the darkness,
I will follow You
My Lighthouse, my Lighthouse
I will trust the promise,
You will carry me safe to shore
Safe to shore, Safe to shore,
Safe to shore**

I won't fear what tomorrow brings
With each morning I'll rise and sing
My God's love will lead me through
You are the peace in my troubled sea
You are the peace in my troubled sea

Chorus

Fire before us, You're the brightest
You will lead us through the storms
Fire before us, You're the brightest
You will lead us through the storms
Fire before us, You're the brightest
You will lead us through the storms
Fire before us, You're the brightest
You will lead us through the storms

Chorus

