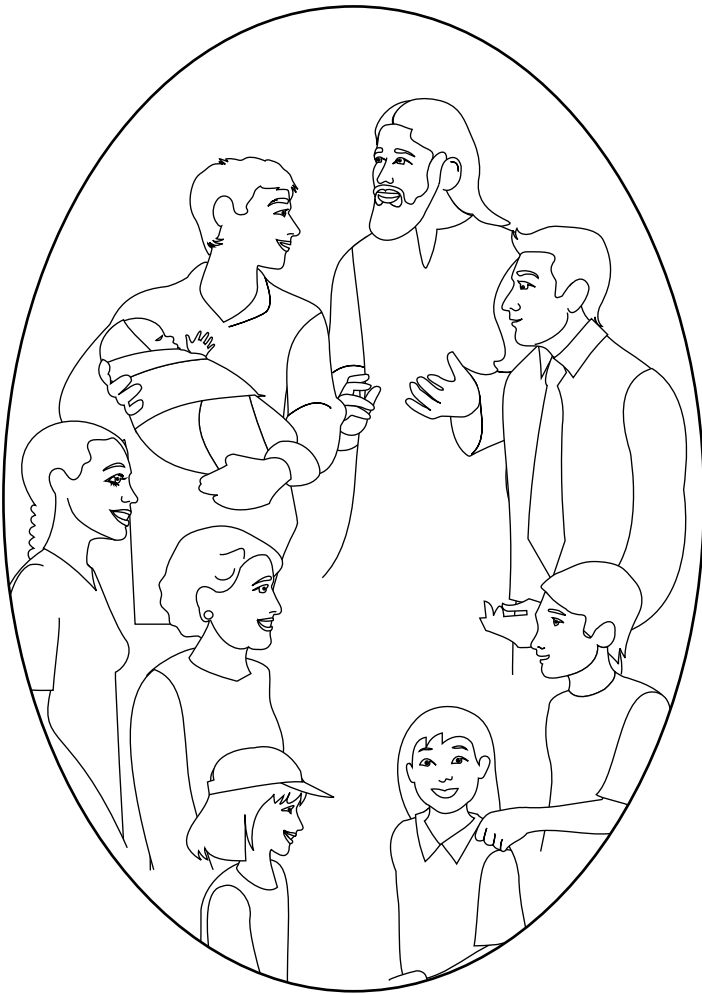


### Matthew 11.16-19,25-30

Jesus challenges the way people think about him and about God. He invites people to come to him to find rest for their souls.

What does it feel like to rest?



Jesus doesn't label people.  
He welcomes everyone.

## PRAYER

When we are tired or sad,  
when we are angry or lonely,  
help us to rest, Jesus,  
and know that you are with us.  
Amen.

### Activity 1

Can you crack this code to find out what Jesus says to those who are tired?

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### Activity 2

Draw some restful activities that you enjoy doing.


### Live in faith

Find five minutes every day  
to rest and be with God.

### Check it out

*The Huge Bag of Worries*, Virginia Ironside,  
Hodder Children's Books.