



## *Nurturing Faith... Every Day in Every Way*

July 5, 2020

Zechariah 9:9-12

Psalm 145:8-14

Romans 7:15-25a

Matthew 11:16-19, 25-30

### *5th Sunday after Pentecost*

Good morning friends! I have a question for you this morning. Do you think you are pretty strong? Can you pick up heavy things? How many of you think you could pick one brick? How about a couch? How about a car?!

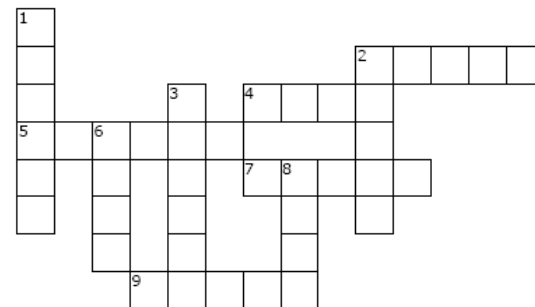
There are other things in life that are heavy and they are known as burdens. Burdens are things that weigh heavy on our hearts like when someone you love is very sick or when your family is going through a hard time financially or when somebody dies. There are times in life when our hearts hurt and we don't exactly know how to express that hurt. Maybe we feel like we have to keep that hurt all to ourselves and we bottle it up and stuff it way down deep. But that's not healthy. God places people in our lives to help make it better and so that we can share our thoughts and our feelings with them.

Our Gospel lesson from Matthew this morning says just that. Jesus said, "Come to me, all you who are weary and burdened and I will give you rest." Dear ones, there is no reason for you to struggle with burdens that are too heavy for you. God's Word is full of promises to help us in times of trouble. These words of encouragement are just what we need to face the hard times that may come our way. Jesus promises that no matter what, he will always be with us in our hearts and there are so many people who love us... our family, our church community, our neighbors and friends.

When we live in a community, we are never by ourselves. Jesus is always present through those who are with us, and in this community, we help each other to lift the heavy things in life that make our hearts sad.

Loving God, you place people in our lives that help make our loads light. Help me to reach out to them and to call upon Jesus when I'm feeling overwhelmed. Amen.

## *Crossword Puzzle*



### ACROSS

2. Not heavy
4. The opposite of go
5. A heavy load that you carry
7. The place within a person where their feelings or emotions are
9. Very tired, especially after working hard for a long time

### DOWN

1. Not proud or not believing that you are important
2. To get knowledge or skill about a subject
3. Calm, kind or soft; not violent
6. Stop and relax to regain your strength
8. Not difficult

WEARY	HUMBLE	EASY	BURDEN	REST
COME	HEART	LIGHT	GENTLE	LEARN

**Activity:** This week, make a list of those things that are weighing on your heart. What makes you sad? Share your list with someone you love and trust and pray together about it.

**Discussion Question:** When have you felt completely overwhelmed or sad? What did you do to feel better?

### **Family Table Prayer for July:**

Fireworks and hot days Lazy Summer kind of ways Family time and memories we share Thank you, God, for Jesus, who always cares. Amen

**July Memory Verse:** Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. Romans 8:26



Thank you, God, for helping me.

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