

## Family Worship Guide – Week 9

### MEMORIZE

Matthew 11:28 – “Come to me, all who labor and are heavy laden, and I will give you rest.”

### READ

Read Matthew 11.

This chapter of Matthew is full of different examples of people rejecting Jesus as the Messiah. Verses 1-15 talk about how people have missed or rejected the prophecies about Jesus. Verses 16-19 talk about how people have rejected Jesus because of his love for the lowly. The last part of the chapter focuses on those who rejected Jesus even though they saw his great works.

In verses 25-28, Jesus begins thanking the Father for the great truth that no one can come to God unless Jesus reveals God to them. This passage is full of people who rejected God because of their sin. The truth shown is that people do not want God. In our sin, we have no desire for God at all. And even *if* people wanted God, we cannot get to God by ourselves. God must come to us. This makes Jesus’ words a bit frightening. Our salvation, our relationship with God being right, is completely in God’s hands. No one can come unless they are invited to come.

Yet Jesus closes this chapter with an incredible and unexpected statement: “Come to me!” Jesus is saying, “No one can come to Father except through me and by me, so I’m inviting you, come through me now.” Despite all the people who have rejected him for so many reasons, Jesus is still inviting people to find rest in him. He is revealing himself and offering a way of salvation in himself.

#### Questions:

Which group of people did you find yourself among before coming to Christ? Were you a skeptic of his mighty works? Did you despise his tender love for the lowly? Share as a family what your life was like before you accepted Jesus’ call to “Come.”

If you have come to Christ, are you resting in him? Have you given your weariness and burdens to him?

What sticks out to you in this passage? What is your favorite part? What is your least favorite part? What part of Jesus’ teaching brings you the most joy?

**Bottom Line:** Come to Jesus, all you who are weary and heavy-laden, and he will give you rest for your soul.

### SING

As we continue to worship together, let’s sing ‘His Name Is Jesus’. This song is a 2009 arrangement of the 18<sup>th</sup> century hymn with an added chorus by Judah Groveman. Its verses are rich with words that exhort all of creation to hail and give glory to the name of Jesus. In verse one the lyricist writes, “Bring forth the royal diadem and crown Him Lord of all.” A diadem is a crown, specifically a royal headband indicating power and dignity. Jesus is worthy of that and so much more.

The song continues with this chorus that rings with praise and exclamation: “His name is Jesus, precious Lamb for sinners slain. His name is Jesus. All creation sings the praise of Jesus’ name.” As we sing together we identify Jesus as Messiah and worship him as Savior. We also look forward to the day when we will “join the everlasting song and crown Him Lord of all.”

Visit our website for a link to this song: [http://www.brookhills.org/gathering/this\\_week.html](http://www.brookhills.org/gathering/this_week.html).

### SUGGESTIONS

These suggestions were created by the age-group ministry leaders as a way to help parents better communicate the biblical truths discussed in the Family Worship Guide. These suggestions are intended to help parents facilitate God-centered discussions with their children. Parents should prayerfully use these suggestions, and any other means

necessary, to help their children discover the truths of God's word and worship him together.

### Preschool

- Before you begin, open your Bible to Matthew 11:28 and gather a backpack and several heavy books.
- Read the verse to your preschooler.
- Now, ask your child to pick up the empty backpack. Begin to add books to the backpack until it becomes too heavy to lift. Then help your child lift the heavy backpack.
- Say, "As more and more books were added to the backpack, it became too heavy for you to lift alone. I had to help you. In the verse we just read, God tells us that he will help us too. God is stronger than us, and he helps us with every situation in our lives. Even when we are sad, hurting, crying or happy, God knows and he is in control and helps us."
- God loves us so much! He sent his son Jesus to save us!
- Now sing "My God is So Great" with your preschooler. End your time in prayer thanking God for helping us.
- **My God is So Great**  
*My God is so great, so strong and so mighty! There's nothing my God cannot do. My God is so great, so strong and so mighty! There's nothing my God cannot do. The mountains are his, the rivers are his, the stars in the sky are his, too! My God is so great, so strong and so mighty! There's nothing my God cannot do.*

### Children

- Re-read Matthew 11:28.
- Use the following illustration to help visualize for children the truth that Jesus alone is able to bear our deepest spiritual burdens.
  - Prepare a large stack of heavy books beforehand, then ask your child to come to you and hand them a single, thick book. Continue to add to their stack of books they are holding until the load is reasonably heavy for them.
  - Ask your child to follow you around the room, carrying the books. Walk in a zig-zag and circles around the room or several rooms. If they request to put the books down tell them that the books are their burden to carry and they must continue to carry them.
  - Then tell them that they may put the books down in one particular place that you have selected beforehand. It may be a kitchen chair or shelf. They key is to communicate that if they would like to be free of their burden of heavy books they may set them down in this spot and this spot alone.
- Ask children how they felt with only one book in their hands (not that bad, not too heavy). How about with a full stack (heavy, uncomfortable).
- Remind them that just as the books were a heavy burden for them, we each are born with a burden far greater than heavy books. The men and women of Jesus' day had a burden set by the religious leaders around them who told them they must follow many difficult laws in order to have God's favor. Today, if we are honest, we see we all have sinned against God (Rom 3:23) and as a result deserve God's punishment and wrath (Rom 6:23). This burden is 10,000 times greater than any physical burden (like books, or sickness, etc.) that we could have.
- Celebrate the fact that because Jesus lived a perfect, sinless life, took the punishment we deserved on the cross, and rose again, God has made a way for our deepest burden to be lifted.
- Pray as a family, thanking God that he has removed our spiritual burdens, and ask for opportunities to share this amazing news with others.

### Students

- As a family reread Matthew 11:28-30.
- What are we commanded to do in these passages?
- Be encouraged! In these verses we are commanded to run to Christ with our burdens. He then promises to give us rest. What does it mean to rest in Christ?
- What weighs heavily on most of the students you know? How are you burdened right now?
- List different ways students might respond to these stresses.
- In verse 29 Christ's invitation is to join him in the yoke so you can walk and work together. How might being yoked with Christ results in rest for your soul?

