**WELCOME to our children’s liturgy newsletter**

Today’s message is about how Jesus takes special care for all who are working too hard, who are tired, and who are struggling. Let’s think a bit more about this today

We suggest that you do this with your family, just as we do in our children’s liturgy.

**YOU WILL NEED** – Paper and pencils

**Opening prayer:**

Caring God, you are there with us in the most difficult times. Help us when we find things hard. Help us to be there for others when they are struggling. We ask this through Christ our Lord

Amen.

To greet our Gospel, we join our hands together as in prayer and say, “God be in my thoughts, God be on my lips and God be in my heart”.

You can read the Gospel aloud as a family or by yourself.

**Gospel: :** Matthew 11:25-30

At that time Jesus said, “Father, Lord of heaven and earth! I thank you because you have shown to the unlearned what you have hidden from the wise and learned. Yes, Father, this was how you wanted it to happen.

“My Father has given me all things. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

“Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. For the yoke I will give you is easy, and the load I will put on you is light.”

This is the Gospel of the Lord

**Let us talk about the Gospel:**

Today we hear Jesus calling all people who are working hard, who are tired and struggling to come to him. Why do you think he does this?

Jesus knows that we all have times when we find life difficult. We all have times when even though we try hard, we can’t do something. We all have times when we are tired, fed up and would like to give up.

Can you think of a time when you have felt like this? Did anyone help you or comfort you during this time? Who helped you? What did they do?

Is there someway that you are helping especially in the current pandemic. Do you know someone who is especially tired because they are working very hard to support those who are in most need. Maybe you could write your prayer for them.

**Activity**

You can colour in the accompanying optional illustration and write on the back how you will help someone who maybe tired or struggling in the current pandemic.

Maybe write a prayer to show how much you are thinking of those who are away from their family and friends and need some support, because they are lonely or not well

**Closing prayer:**

God of all, be with us when we find things difficult. Strengthen us as we help each other, so that all people may have hope for the future. **Amen.**

**GOD BLESS YOU AND KEEP YOU ALL SAFE AND SEE YOU ALL NEXT WEEK**

