

Help with Heavy Burdens

By Julie Filby



Gathered as members of God's family, encourage each person to tell about something that's worrying them and invite other family members to offer support. When we help others with their troubles, we show them how important they are.

For

Young Family

Season

Spring

Needed

Medium-sized rocks, permanent markers



[Vince Alongi](#)

Prepare in Advance

Find one medium-sized rock for each person and wash and dry the rocks, if necessary.

Activity Plan

1. Gather the family and read aloud Galatians 6:2:

Bear one another's burdens, and so fulfill the law of Christ.

2. Invite family members to tell what they think it means to "bear one another's burdens." Ask for examples. What other words mean the same as *burdens*?
3. Give each family member a rock and a marker. Have each person write on the rock something that is a burden or a worry or something that is bothering him or her. Be prepared to help young children.
4. Explain you will take turns reading aloud what is written on the rocks. After each person reads his or her rock, have other family members say: "We'll carry your burden to fulfill the law Christ." Ask a volunteer to offer a short prayer for the person, asking God to help carry this burden, and then have someone take the rock and place it by your front door. Once all the rocks are by the door, discuss the following questions:
 - How does it feel to know that your family will help you with your burdens?
 - How can you help others with their burdens?
 - Why is it important to carry each other burdens?
5. Finish by praying aloud:

Dear Jesus, help us to show others how important they are by helping them to carry the heavy burdens in their lives. Just like you needed help carrying the burden of your cross, remind us that we never carry our worries and troubles alone. Thanks be to God! Amen.

