



# Growing FAITH at home

9 July 2023

SIXTH SUNDAY  
AFTER PENTECOST  
- PROPER 9

JESUS  
INVITES US TO  
BRING OUR  
WORRIES  
TO HIM



GrowMinistries  
LCA CHILD YOUTH & FAMILY MINISTRY



www.growministries.org.au



## CONVERSATIONS

Share your highs and lows, or respond to the following:

1. Have you ever felt 'worn out'? Share your experiences.
2. Have you helped someone who was weary? How did that feel?



## BIBLE READINGS

Read the following Bible readings throughout this week.  
Talk about what words or phrases stand out for you.



## DISCUSS

Jesus invites those who are weary and carrying heavy burdens, to come to him and he promises to give them rest. How does Jesus help us when we are weary?



## ACTION RESPONSE

Do you know someone who is burdened? (e.g. by sickness, grief, depression or other troubles?) Is there a way you could help them in their time of need? You might consider sending them an encouraging card or note featuring Jesus' words from Matthew 11:28.



## PRAYER

Dear Jesus, help us to bring our burdens to you. You promise to give us rest. Help us to be gentle and humble like you. Amen.



## MEALTIME PRAYER

God, you love and care for us more than we know. Thank you! Bless this food that comes from the earth you made. Amen.



## BLESSING

May the Lord take your worries from you and give you rest.

JESUS SAID, "COME TO ME, ALL OF YOU WHO ARE WEARY AND CARRY HEAVY BURDENS, AND I WILL GIVE YOU REST."

MATTHEW 11:28

VERSE OF THE WEEK

