

# Activity: Yoke



FAMILY TIME  
TRAINING

**Teaching Goal:** Jesus wants us to give Him our anxieties, concerns and struggles.

- **Scriptures** Matthew 11:28-30 Come to me, all you who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy and my burden is light. 1 Peter 5:7 Cast all your anxiety on him because he cares for you. Psalm 55:22 Cast your cares on the Lord and he will sustain you.

- **Materials:** Backpack (minimum two), Heavy rocks or weights, Marker

**Lesson and Discussion:** Words written in **bold** are when the leader is speaking. Feel free to use your own words.

- A. **Name something that is heavy, really heavy!** *Listen to answers.* Building. Mountain. Earth. **Here is a riddle. How can something be heavy and not weigh anything?** *Listen.* **Fear, angry thoughts, mean words and concerns can weigh heavy in our minds and on our hearts.**
- **Have you ever been mad, anxious or had problems sleeping because: A friend at school hurt your feelings; someone you love is sick; you were caught doing something wrong and you feel guilty?** Ask for other examples.
- B. **ACTIVITY:** Using the marker, write examples of concerns, fears, angry thoughts and words on the rocks. Use current life situations or past experiences  
Continued....

**FAMILY FUN TIME ACTIVITY**



#### ....Continued Lesson and discussion:

- **We are going to run a race. The track represents life. The weight of our backpack represents how many concerns, fears and anxieties we have as we go through life. I will time how long it takes you to run the race. You will run the race twice and compare your first time to your second time.** The leader wears an empty backpack while doing the activity. Fill up the other backpacks with rocks and heavy items that represent concerns, fears and anxieties. Make the backpack really heavy. Time yourself with the empty pack and everyone else with the rock-filled packs.
- Invite a volunteer to read Matthew 11:28-30. **What does Jesus mean when he says yoke?** *Listen to answers. Show them the picture.* **A yoke is worn by oxen or horses so that they can pull things and be guided in the right direction. Jesus says that his yoke is light, which means his way—being humble, gentle, forgiving—will give you rest and peace.**
- **Each of us has a “yoke” made of anxiety, concerns and struggles. Where does anxiety come from?** *Listen to answers.* **Anxiety usually comes when we don’t have control over a situation and we want the control. Anxiety, robs us of peace and rest. Where do concerns and struggles come from?** *Listen.* **We may not have any control over struggles that come into our life...a friend getting sick or car troubles that cause us to miss an appointment. But we have some control over what we do with the concern. We can think about it constantly or we can pray and give the concern to God.**

- Invite a volunteer to read I Peter 5:7 and Psalm 55:22. Have each child put on the heavy backpack filled with rocks and prepare to run the race. **We are going to run the race one more time. You need to beat your last time. This time you have a choice. You can run the race that represents life with the backpack full of rocks representing anxiety, concerns and struggles or you can trade for the empty backpack I am wearing. I will represent Jesus and I'm willing to give you my empty backpack representing rest and peace. I'll keep yours as you run the race of life if you will give it to me. You will be exchanging your heavy yoke filled with anxiety, concerns and struggles for my light yoke which is filled with rest and peace.** Run again and compare the times from the first and second races.
- C. APPLICATION. **It is normal to feel anxious, to have concerns and to struggle. When this happens we can pray and give our anxieties to God. Another way to reduce our anxiety is to talk about them with a family member or trusted friend.**
- **Close in Prayer-**  
**Pass It On:** Make an extra copy of this lesson and *pass it on* to another family