



# FOURTEENTH SUNDAY IN ORDINARY TIME



Zechariah 9:9-10 • Romans 8:9, 11-13 • Matthew 11:25-30

## Family Car Talk

In today's Gospel, Jesus invites people who are tired, worried, or overwhelmed to come to him. Jesus knows that life can feel heavy sometimes, even for kids! When we feel sad, angry, or frustrated about a problem, or guilty about a bad choice we made, we don't have to handle it alone. Jesus asks us to bring our difficulties and sins to him, and he promises to give our hearts rest and peace.

As you go home, talk about how your family can invite Jesus into hard moments.



**Beginner:** How do you know when you need rest?



**Intermediate:** What difficulties or sins feel heavy for you sometimes?



**Advanced:** Why do you think Jesus wants us to bring our difficulties and sins to him instead of hiding them?



## FIND THE REST



**Instructions:** Hidden in the picture are words Jesus offers us. Can you find them all?

*Hidden Words:*



## BRING YOU ...”



**Instruction:** Write or draw one difficulty you want to bring to Jesus.

*Optional: draw yourself and Jesus sitting together and talking about your problems.*

### Come to Jesus

“Come to me, all you who  
labor and are burdened,  
and I will give you rest.”  
(Matthew 11:28)