

# Help!

In worship today we learned that Jesus helps us when we need it most. When do you need help? Write or draw about it here:

How can you help others? Write or draw about it here:



- Today is the **sixth** Sunday after Pentecost.
- Pentecost is the **longest** season of the church year.
- During Pentecost, the church takes **time to grow**.

## It Takes Time to Grow

Answer these time questions and match your number answer with the letter in the tree. Then fill in the blanks to learn another theme of Pentecost.

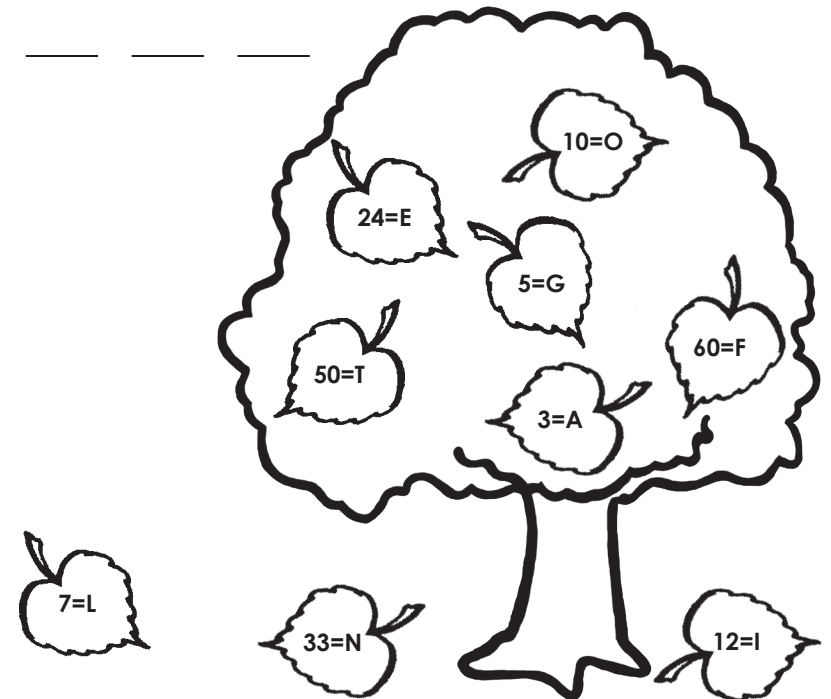
How many days are there in one week? \_\_\_\_\_

How many months are there in one year? \_\_\_\_\_

How many seconds are there in one minute? \_\_\_\_\_

How many hours are there in one day? \_\_\_\_\_

\_\_\_\_\_



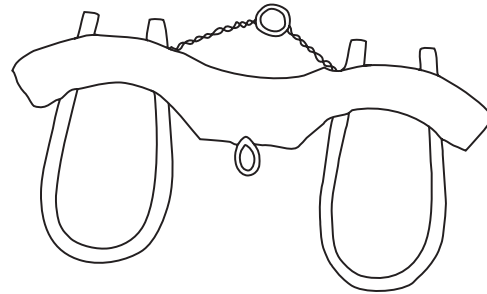
Unscramble the words to complete this week's memory verse!

Come to me, all you that are **yawer**  
and are carrying heavy **rdunebs**,  
and I will give you rest.

Come to me, all you that are \_\_\_\_\_ and are carrying heavy  
\_\_\_\_\_, and I will give you rest.

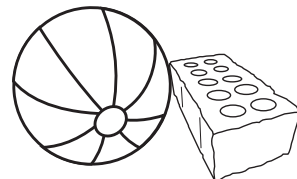
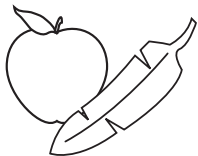
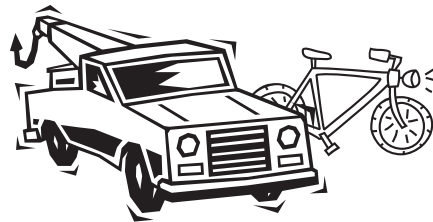
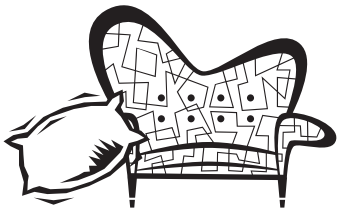
Matthew 11:28

During Bible times—and on some farms today—animals were used to pull plows. They wore something called a yoke to pull the plow. A yoke looked like this. Yokes are very heavy.



## Heavy or Light

In the Gospel today, Jesus tells us that when times are tough, he will take our burdens. Burdens can be heavy, but Jesus makes them light. Which of these things is heavier than the other?



## Memory Verse

## Did You Know?

## Finding Rest

Jesus knew it could be tiring and even discouraging to follow in God's way. So he told his disciples to come to him to find rest. We are invited to come to Jesus when we pray. Psalm 145 is a song of praise. Use the code to discover the message in verse 9.



A =		G =		L =		S =	
D =		H =		O =		T =	
E =		I =		R =			



The big numbers in your Bible are chapter numbers. The small numbers are verse numbers. To look up Matthew 11:28, go to chapter 11 in Matthew. Find verse 28.