



Teach
ME TO
Pray

FAMILY NIGHT 1

**PRAYER LIFTS OUR
BURDENS**

FAMILY NIGHT – PRAYER LIFTS OUR BURDENS

When we Pray we give our burdens to God.

In this activity we will be looking at how and why we give our burdens to God when we pray, and leave them with Him.

Parent Preparations:

Gather all the resources

Print out the printables

Hid the Bible Verse Cards around the yard/house

Resources

- Backpacks x number of children
- 5 x cans/jars of food (large enough to feel heavy after a few minutes, so larger sizes for larger children)
- Resource “Labels for Burdens” printed as many times as needed (One for each jar)
- Resource “Bible Verse Cards” printed out as many as needed (you will need 5 for each child participating)
- Coloured pens/textas/pencils
- Sticky tape/elastic bands

Activity

Each Child gets 5 labels (one for each of their jars/cans).

They can write or draw something on each label that is a struggle/burden for them and stick it around a can. (eg might be a test coming up at school, an argument they had with a friend, a difficult task they have to do, worry about a sick friend or relative).

Put the 5 cans into the backpack.

Each child puts their backpack on and walks around with it (up and down some stairs if you have them.

Discuss how it feels.



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When they have been walking around for a few minutes, tell them the next part of the activity.

You have hidden around the house (or the yard) 5 pieces of paper for each of them. They need to find them. Once they have found 5 for themselves, they can help their sibling/s, until all the papers are found. Once they have their papers they can all come inside and sit down (but not take off their backpack).

Take turns opening the papers, one at a time, and reading them out. As each child reads a bible verse, you (Dad or Mum) can remove one of their “burdens” from their backpack.

When all the bible verses are read and the backpacks are empty then can remove them and you can move onto the discussion (and dessert).

Discussion

There are many passages in the Bible that talk about God taking our burdens from us. Our burdens can be our worries, our fears, or our problems. Looking at all the Bible verses that we found, which do you like the most? And Why?

How did your shoulders and back feel when all the burdens were taken out of your backpack? The Bible tells us that when we pray and give our worries, fears and problems to God, that He takes on the burden of them, and takes it off us.

Now, when we are finished would you like me to put all stuff back in your backpack and you can carry it around for the rest of the night?
No?

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Just like when we pray to God and tell him all about something that is worrying us, we then don't pick that worry back up and try and carry it around for the rest of the day. We leave it with God and we trust the He will work the situation for His glory. We may not even be able to see how He could possible do that. Or we may think we know exactly how He should do it. But both of those are irrelevant. Our job is to trust God.

Prayer

Dear Lord, we thank you tonight for your mighty love for us. We thank you that you see and hear us every day and hear our prayers to you. We pray, Lord that you would build a desire in us to seek and know you more each day.

We pray that we would come to you in prayer first when we have a burden in our lives, not come to prayer as the last thing we do. We pray that would also help others with their burdens, showing them your truth and love. And tonight we pray as ask for your forgiveness for when we have thought we know better than you, and have tried to solve problems in our own strength without coming to you for wisdom.

We ask that you would help us to rely on you in every area of our lives. Amen.



Burden:

Burden:

Burden:

Burden:

“Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved” (Psalm 55:22)

“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light” (Matthew 11:28–30)

“For I, the Lord your God, will hold your right hand, saying to you, ‘Fear not, I will help you’” (Isaiah 41:13)

“Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you” (1 Peter 5:6, 7)

“He will feed His flock like a shepherd; He will gather the lambs with His arm, and carry them in His bosom” (Isaiah 40:11)

**“The righteous cry out, and the Lord hears,
and delivers them out of all their troubles”
(Psalm 34:17)**

**“Fear not, for I am with you; be not dismayed,
for I am your God. I will strengthen you, yes, I
will help you, I will uphold you with My
righteous right hand” (Isaiah 41:10)**

**Do not be anxious about anything, but in everything by
prayer and supplication with thanksgiving let your requests
be made known to God. And the peace of God, which
surpasses all understanding, will guard your hearts and
your minds in Christ Jesus. Philippians 4:6-7**

**Commit your way to the Lord; trust in him,
and he will act. Psalm 37:5**

**Wait for the Lord; be strong, and let your
heart take courage; wait for the Lord!
Psalm 27:14**

Matthew 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:34

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world. John 16:33

And he said to his disciples, “Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. Luke 12:22

Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.”

Hebrews 13:5

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4