

14<sup>th</sup> Sunday in Ordinary Time

July 9, 2023

Matthew 11: 25 – 30



Thank you, God, for helping me.

# Rest for the Weary

"For my yoke is easy and my burden is light." Matthew 11:30 (NIV)

Choose the word that best matches the definition.



- \_\_\_ 1. The opposite of go  
A. come B. learn C. wait D. rest
- \_\_\_ 2. Very tired, especially after working hard for a long time  
A. gentle B. weary C. light D. humble
- \_\_\_ 3. A heavy load that you carry  
A. light B. rest C. humble D. burden
- \_\_\_ 4. Stop and relax to regain your strength  
A. weary B. rest C. burden D. come
- \_\_\_ 5. To get knowledge or skill about a subject  
A. humble B. rest C. gentle D. learn
- \_\_\_ 6. Calm, kind or soft; not violent  
A. tired B. gentle C. weary D. rest
- \_\_\_ 7. Not proud or not believing that you are important  
A. angry B. light C. humble D. gentle
- \_\_\_ 8. The place within a person where their feelings or emotions are  
A. brain B. heart C. feet D. stomach
- \_\_\_ 9. Not difficult  
A. gentle B. humble C. weary D. easy
- \_\_\_ 10. Not heavy  
A. light B. humble C. gentle D. heart

# Rest for the Weary

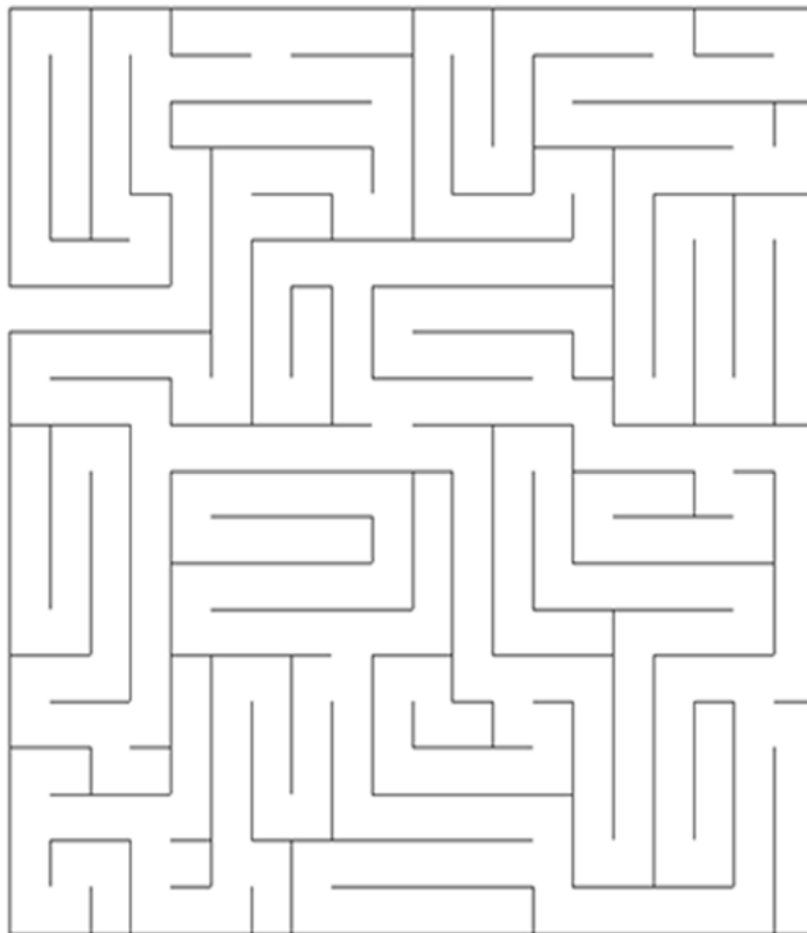
Complete the paragraph by filling in the blanks with the correct words from the word bank at the bottom of the story.



" \_\_\_\_\_ to me, all you who are \_\_\_\_\_ and \_\_\_\_\_, and I will give you \_\_\_\_\_. Take my yoke upon you and \_\_\_\_\_ from me, for I am \_\_\_\_\_ and \_\_\_\_\_ in heart, and you will find \_\_\_\_\_ for your souls. For my yoke is \_\_\_\_\_ and my burden is \_\_\_\_\_."

Matthew 11:28-30 (NIV)

burdened	easy	humble	light	rest
Come	gentle	learn	rest	weary



# Help with a Heavy Load

"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." Matthew 11:28-30 (NIV)



The activity is based on Matthew 11:28-30

*A list of words is provided in a word bank at the bottom of the page. Write the words in alphabetical order on the numbered lines provided.*

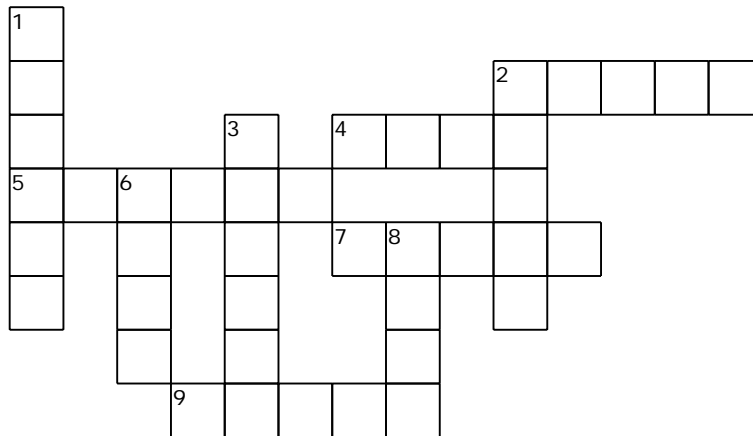
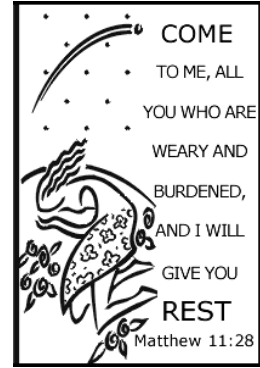
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

GENTLE	COME	HEART	LIGHT	HUMBLE
EASY	REST	BURDEN	WEARY	YOKE

# Rest for the Weary

"For my yoke is easy and my burden is light." Matthew 11:30 (NIV)

Based on Matthew 11:28-30 (NIV)



## ACROSS

- 2. Not heavy
- 4. The opposite of go
- 5. A heavy load that you carry
- 7. The place within a person where their feelings or emotions are
- 9. Very tired, especially after working hard for a long time

## DOWN

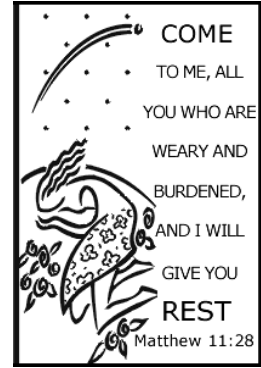
- 1. Not proud or not believing that you are important
- 2. To get knowledge or skill about a subject
- 3. Calm, kind or soft; not violent
- 6. Stop and relax to regain your strength
- 8. Not difficult

WEARY	HUMBLE	EASY	BURDEN	REST
COME	HEART	LIGHT	GENTLE	LEARN

# Rest for the Weary

"For my yoke is easy and my burden is light." Matthew 11:30 (NIV)

Based on Matthew 11:28-30 (NIV)



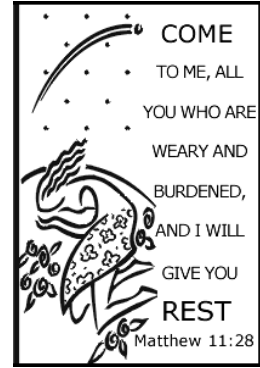
F Q N E Y M Y V K K D X G X E  
 Q Q K O Q R G H U M B L E M S  
 W O Q F A V E I E D T E O R Z  
 Y M O E V B N Y Q Q K C T B V  
 F N W L S W T H V A D C M U W  
 P H K G R O L E T R W T F R D  
 E M G I B U E A G E W W R D A  
 Z A A V G P S R R W C H V E Y  
 M S S E Z J Z T F E C W L N T  
 Q U Q Y V X T H G Q A R X J N  
 R E S E M X E N U E L Y N R W  
 X C C O I I Y X M J F I A A K  
 E I Z A U S S L Y J K E G Y D  
 Y I J O L L V N I X L E R H V  
 W G T R L L S K E R E S T K T

HUMBLE	ALL	LEARN	LIGHT	YOKE
SOULS	WEARY	GENTLE	TAKE	HEART
COME	GIVE	EASY	BURDEN	REST

# Rest for the Weary

"For my yoke is easy and my burden is light." Matthew 11:30 (NIV)

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
K	Z	X	M	D	B	Y	R	S	T	H	E	U	P	I	Q	A	C	N	W	V	J	O	F	L	G

- 25-12-17-8-19 \_\_\_\_\_
- 25-15-26-11-10 \_\_\_\_\_
- 11-13-4-6-25-12 \_\_\_\_\_
- 8-12-9-10 \_\_\_\_\_
- 20-12-17-8-7 \_\_\_\_\_
- 12-17-9-7 \_\_\_\_\_
- 26-12-19-10-25-12 \_\_\_\_\_
- 7-23-1-12 \_\_\_\_\_
- 18-23-4-12 \_\_\_\_\_
- 6-13-8-5-12-19 \_\_\_\_\_

.....EASY	YOKE	COME	HUMBLE	GENTLE
.....BURDEN	LIGHT	LEARN	WEARY	REST



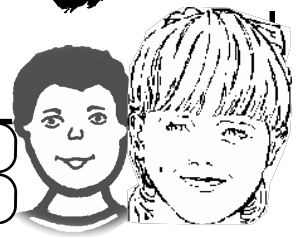
# Speak, Lord

S.D.C.  
SOCIETAS  
DOCTRINÆ  
CHRISTIANÆ  
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Zechariah 9:9-10  
Psalm 144  
Romans 8:9.11-13  
Matthew 11:25-30

SUNDAY LITURGY FOR CHILDREN

Year A — 14th Sunday in Ordinary Time



Use the following key to find out what Jesus says in today's Gospel.

A	▲
E	◀
I	▼
O	▲
U	▶

C \_ m \_ t \_ m \_ .

\_ m g \_ ntl \_ .

\_ w \_ ll g \_ v \_ y \_ \_ r \_ st

Draw a picture of something good that leads you to Jesus.

