

Learning about God and growing together as a family

Passage: Matthew 26:36—46. Read it as a family before the service to get used to the passage.

Talk time:

During talks:

- ◇ Draw a picture of what is happening in the story.
- ◇ Colour in the colouring page that goes with this sheet.
- ◇ When you have finished either of the above, take a photo or scan and e-mail them to nick.gowers@holytrinity.org.uk and we will try to show them in the service.
- ◇ Continue to write down ways in which you feel overwhelmed by circumstances and how that makes you behave (there are probably a lot!). How do you feel about Jesus following what we learnt in talk 2. Write it down

After talks and service, chat about:

- ◇ What was the big idea in each of the talks?
- ◇ Adults, share situations where you have felt overwhelmed and tried to take that burden on yourselves. Then share the joy and relief you felt when you knew that Jesus takes the burden for you.
- ◇ What can we do this week to remember what we have learnt and put it into practice (there is one idea opposite but you may have lots more)?

Pray in response:

Say sorry, thank you and please prayers based on what we have learnt today.

Things to do this week:

- ◇ Draw a series of pictures to remind yourselves of what happened in the story.
- ◇ Make an overwhelmed jar—maybe with Matthew 26:42 written on it. Every time someone is feeling overwhelmed with something, they can write it on a piece of paper, put it in the jar, remind themselves of this passage and pray.
- ◇ Next Sunday is Easter Sunday. Think of ways this week to make it a celebration Sunday—some ideas are below, you may have your own or we will be sending more out later on in the week.
- ◇ If you have not yet, make a shaker bag for Easter Sunday to use during songs - empty jars/plastic bottles, pasta, rice, shells, beads go well.
- ◇ Before Easter Sunday, make an Easter garden. Send photos of them to youth@holytrinity.org.uk and we can get them on the website.

Songs to sing or listen to this week:

- ◇ Won my heart: [youtube.com/watch?v=QSsQYyi3w_c](https://www.youtube.com/watch?v=QSsQYyi3w_c)
- ◇ Super Saviour: <https://www.youtube.com/watch?v=TclGT1utHhE>
- ◇ Jesus paid it all: <https://www.youtube.com/watch?v=6n5qfUwVCcU>