

# ROAD TRIP





# Group Time Guide

Supplies Needed: Sturdy paper cups, flat square board.

## 1. Discussion Questions

- What's the heaviest thing you've ever lifted?
- Josh and Beka asked about what to do when we feel hurt. How would you answer their big question?

## 2. Hands-On Option

**Look Up and Read:** Matthew 11:28. Here, Jesus says He will give rest to people who are carrying heavy loads.

**Do This:** Test how much weight a cup can hold! Set a cup with the open side on the ground and have a kid step onto it. It should collapse!

**Say This:** In the verse we read, Jesus is talking about carrying heavy loads, things that weigh us down. These aren't always things that weigh a lot, like bricks or elephants. The heavy things in our lives can be things that feel heavy inside us, too. It could be something mean one of your friends said, or a time you failed that you can't forget. Those things can weigh us down even more than a heavy weight. Those are the things Jesus was talking about. What can we do when we feel hurt or weighed down like that? Well, there is a way this cup can hold us up. Let me show you how.

**Do This:** Set out nine cups, open sides down, in a square. Place the board on top of them, so it rests on them evenly. Have the kids step onto the board. You may have to help them balance. Let each kid who wants to try this out step onto the board.

**The Point:** We don't have to be alone when we're hurting or going through tough stuff. God is with us. Many times, He brings other people into our lives to help us, too. Our parents, other adults who we can trust, and good friends, are all people God can work through to help us. When we have God, and all these people around us, we can do way more than we could before.

**Discuss:** Who could be there to help when you feel weighed down?

## 3. Wrap-Up and Prayer

**Ask:** What's something you're excited about right now? Is there anything you feel is weighing you down today?

**Do This:** Pray with the kids. If they've mentioned things that would be good to talk to God about, you can mention them in your prayer.