



Katie Nolt

Staff In Training

Matthew 11:28-30

"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."

Discussion for the Younger Kids:

Do you know what a yoke is? No not the yellow part of an egg! A yoke is what you put on a horse or an ox so they can pull a plow. Usually putting one on would mean a lot of work is coming, but Jesus says his yoke is easy. What do you think he means by that?

For Further Discussion:

This verse is one of my favorite scripture verses because it shows what a true comforter Jesus is. He calls all who are weary and burdened to come and find rest in Him. There have been many times in my life that I felt that I couldn't face a problem on my own. This verse promises that you don't have to face them alone. Jesus is waiting for you to come to Him and relieve your heart of burdens and find comfort in Him. I think that it is so cool that our Lord and Savior loves us that much that he wants to take on all of our troubles. If possible I encourage you to listen to the song, "Love Them Like Jesus," by Casting Crowns.

If you would like to ask Katie more about her devotional, you can send an [email](#) to her at camp.