

With My Family

Scripture Together

Sometimes our spirit feels heavy or sad. Something just doesn't feel right. We might feel tired because difficult things are happening. Jesus knows how to make us feel better.

As a family read about how Jesus lightens our load in **Matthew 11:25–30**. Use these questions to prompt discussion about the Scripture:

- What happens when you give your worries and burdens to Jesus?
- What is a worry that you brought to Jesus?
- How do you lighten the burdens of others?

Faith on the Go

Ask one another: *How do you forgive others?*



Family Prayer

Pray together:

Dear God, give us the strength and humility to ask for your forgiveness when we do something that hurts our relationship with you and with one another. Amen.

ACTIVITY: Celebrate Forgiveness

Attend a parish communal penance celebration or individually celebrate the Sacrament of Reconciliation. Then celebrate the gift of God's forgiveness by sharing a meal together.

