



BURDEN OF SIN

Lesson 12

BIG IDEA

Sin is a heavy burden. Only Jesus can forgive our sins and relieve us from our burdens.

KEY VERSES

Matthew 11:28-30

MEMORY VERSE

Matthew 11:28

“Jesus said, ‘Come to me, all of you who are weary and burdened, and I will give you rest.’”

• PREPARATION & MATERIALS •

BIBLE OBJECT LESSON

- Masking tape or string
- A dozen heavy objects that can be stacked (Books work well. These could be gathered in the mission community if baggage weight is a concern.)
- A dozen bold labels saying “SIN” taped to the heavy objects

CRAFT

- Experience Mission provides scissors, hole punch, stapler, staples, rulers
- Sturdy, bendable wire in 12 -15 inch lengths (one per child)
- Colorful yarn in about 6-10 foot lengths (one per child)

GAME

- Plastic cups 40+ (or other stackable material)
- Rope to mark of game boundaries

WORKSHEETS

- Photocopies of Coloring Sheet (1 per child)





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BIBLE OBJECT LESSON

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(Stretch a long piece of masking tape or string across the floor.)

Today I need a volunteer to help me with our bible lesson (choose a volunteer from among the kids).

Thank you for your help. You look like a strong and steady person. Do you think you can stretch your arms wide, with your palms up and walk across this string/tape from one end to the other? (volunteer walks across)

Well done, that was pretty easy, wasn't it? You have nothing to carry except yourself across the line. No burdens to weigh you down. But let's see what happens if we add the burden of sin (place one heavy "sin" in each hand).

Each of these heavy objects represents a different kind of sin. A sin is an action or behavior that is wrong. Perhaps one of these heavy sins is telling a lie. Can you think of what the other sin might be? (Accept answers from the children).

Let's see if you can walk across the straight and narrow line here with these heavy sins that you are holding. (Volunteer crosses the line again)

How was that? A little bit harder maybe? Let's see what happens if we add a few more heavy sins. What could these sins be? (Accept more answers from the children).

OK, now your burden is even heavier. Let's see if you can walk across the straight and narrow line with all these heavy sins you are bearing. (Volunteer crosses the line again.)

(Continue in this manner, naming and adding sin burdens until the volunteer drops the burdens or wanders off the line. Then thank the volunteer and have him sit down.)

Did you know that every person in the whole world sins? And it is completely impossible for us to walk a narrow path. The narrow path means living every day of our lives in a way that honors God. There is only one way to get rid of our burdens.

Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls. For my yoke fits perfectly, and the burden I give you is light."

Jesus wants to take our heavy burdens of sin away. And then he wants to help us obey him. If we let him help us, then it will be easy to walk the straight and narrow line of life.

DISCUSSION QUESTIONS

1. What did the narrow line represent?
2. What did the heavy objects represent?
3. Does everybody sin?
4. Can people get rid of their sin on their own?
5. How can we get rid of sin?

SIMPLIFIED LESSON OPTIONS

- Illustrate the lesson with a mission team member rather than a child volunteer
- Ask 2-3 of the easier discussion questions



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CRAFT & GAME

• CRAFT •

OBJECTIVE: YARN HEARTS

Make a pretty heart decoration to hang as a reminder that Jesus love us and takes away our burden of sin.

DIRECTIONS

- Help the children to bend their wire into heart shapes by bending the wire in half then curving the ends toward one another and twisting together (see illustration)
- Tie one end of the yarn to the twisted part of the wire then stretch it to any side of the heart
- Loop the yarn around the wire and pull firmly
- Stretch the yarn to a different side of the heart, loop around and pull firmly
- Continue to stretch and loop the yarn so that it becomes crisscrossed with color
- When 12 inches of yarn remain knot the yarn toward the top of the heart and leave the yarn tail for hanging

SIMPLIFIED CRAFT OPTIONS

- Pre-bend heart shapes
- Use thick yarn
- Roll a piece of tape around one end of the year to provide a stiff "needle"

MATERIALS PROVIDED BY EM

- Scissors

MATERIALS BROUGHT BY TEAM

- Sturdy, bendable wire in 12 -15 inch lengths (one per child)
- Colorful yarn in about 6 - 10 foot lengths (one per child)

EXAMPLE



• GAME •

OBJECTIVE: STACKING RELAY

Teams work quickly to stack their blocks into a tall tower.

MATERIALS BROUGHT BY TEAM

- Plastic cups 40+ (or other stackable material)
- Rope to mark of game boundaries

INSTRUCTIONS

- Stretch two pieces of rope on either end of the play area as a beginning and ending line
- Divide the kids into 2 or more teams
- Divide up the cups evenly between the teams and demonstrate how to stack the cups pyramid style
- Kids race relay style (one at a time) from one rope to the other and place their cup then return and tag the next runner
- Second runner places his cup and returns to tag the third player
- Continue in this manner until one team successfully stacks all their cups pyramid style without them falling
- If a stack falls the runner must re-stack the cups before returning to his team line



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