

## Family Talk – Gentleness

### READ TOGETHER

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#### Matthew 11:28–30

1. Who is Jesus calling to in Matthew 11:28?
2. Why does Jesus want to teach us?

### LIVE IT

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A person may be carrying heavy burdens as a result of their sins, overwhelming demands or exhaustion from day-to-day events. Jesus frees people from all these burdens. The rest that Jesus promises is love, healing and peace with God. Jesus does this because He is *humble and gentle at heart*.

Have you been burdened by anything in your life this week? Make an effort to give it to God. Let Him into your life. Sometimes it can be hard ask for rest, But Jesus is gentle and we can lean on Him.

### LEAN ON GOD

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Dear God,

Thank You for being gentle at heart. Thank You for giving us rest when we need it. The best way to get through each day is to remember You're by our side.

We love You.

Amen.

