



**In the name of the Father,  
And of the Son,  
And of the Holy Spirit.  
Amen**



**Take a moment to be still and to be open to  
the presence of God.**

**On the next slide you'll  
hear some music. Keep  
listening - even if it  
seems to disappear...**





**What did you think when the  
music stopped?**

**How did the silence feel?**

**What was is it like having the  
music interrupted?**



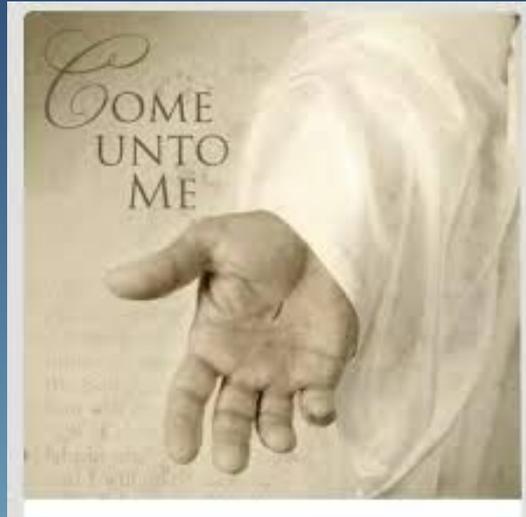
**Maybe you felt uncertain, not sure what was happening, wishing the music would continue.**



**During lockdown we've had to get used to lots of things being uncertain. Our usual routine has changed. Maybe you've been bored, looking for things to keep you occupied. Or maybe you're still very busy and and in need of a proper rest.**



**We all need to rest from time to time. Only God can do everything. Jesus asks us to hand over our concerns and tiredness to Him.**



Jesus exclaimed, “I bless you , Father, Lord of heaven and earth , for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him. Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.”

*(Matthew 11:25-30)*

# Why does God give us rules to follow?



**There are lots and lots of rules in the  
Old Testament.**



**Sometimes they became a burden.**

**Jesus told us that there are two  
overriding rules.**



**Love God and love your neighbour as  
yourself.**

**Following Jesus is not always easy,**



**But He helps us to carry our burdens.  
He lightens our load.**

**And when we feel that we have no  
strength left...**



**...He carries us.**

**Let's bring our prayers to God.**



THE LORD BLESS YOU  
AND KEEP YOU;  
THE LORD MAKE HIS FACE  
SHINE ON YOU  
AND BE GRACIOUS TO YOU;  
THE LORD TURN HIS FACE  
TOWARD YOU  
AND GIVE YOU PEACE

*Numbers 6:24-26*



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