

## ***Family Chat:***

Sometimes older brothers and sisters think they know all the answers; even parents think this way. Today in our Gospel, Jesus tells us that it isn't always the clever people or those who are older who know all the answers. Often it can be those who have childlike hearts who can give us insights beyond what we think they know.

We will also hear in our Gospel today Jesus telling us to bring him our burdens. What kind of burdens do you have as a family? How about individuals in the family? Listening to today's readings will help our burdens be lifted.

***The readings for today are:*** Zechariah 9:9-10  
Psalm 145:1-2, 8-9, 10-11, 13-14  
Romans 8:9, 11-13  
Matthew 11:25-30

Jesus tells us in Matthew 19:13-15 that children should never be kept away from him. But we don't stay children forever, even though some parents may want to keep their children little. Or even aunts like me who wish I could have a day with all my nieces and nephews again between the ages of 3-5 instead of their ages of 30-44.

Hopefully all the wonderful childlike qualities each person has can grow into goodness as we become adults. If we keep those qualities of trust, honesty, love, innocence, and simplicity, we stay close to God and never wander from his friendship. Sometimes, though, we carry burdens. Physical burdens like a disease or chronic pain can keep us from God's friendship. Emotional and spiritual burdens can do the same. If we can learn to give these over to our Lord, our burden can be lighter.

## ***What to Do Next:***

To help your children understand what it feels like to carry burdens, fill some one-gallon milk jugs with water so that they have some weight (but not overly heavy for younger ones). Have them pick up the jugs and explain what it feels like to hold them. Next have each child hold the jug out in front of them to see how long it can be held. Then ask them if the jug felt heavier as time passed. Explain to them that if we share our burdens with God, they will seem lighter. We can do this through prayer, so perhaps you can spend time praying for those who carry burdens and ask God to make them lighter.

Have a great Sunday

