

# "I Will Give You Rest"

Today Jesus tells us, "Come to Me, all you who labour and are burdened and I will give you rest." God understands that we get tired and worn out. He wants us to come to Him when we need to rest. He refreshes our souls and gives us the energy and strength to carry on.



JESUS, I'M SO TIRED! PLEASE HELP ME!

Do you ever feel like quitting when a job gets hard? Maybe you get tired of school or helping your Mom or Dad. When you feel like giving up it's time to start praying! Your work might seem easier when you pray, but even if it still seems hard you will be happier knowing that you are doing it for God.

Jesus tells us to take His yoke on our shoulders. A yoke is a sort of bar that is used to help carry heavy things. Jesus is saying that we should do His work. For some people that means preaching like He did, or healing the sick, or being a priest, but for most people it means just doing everything we have to do out of love for God.

WOW! THIS ALL SEEMS EASIER NOW!

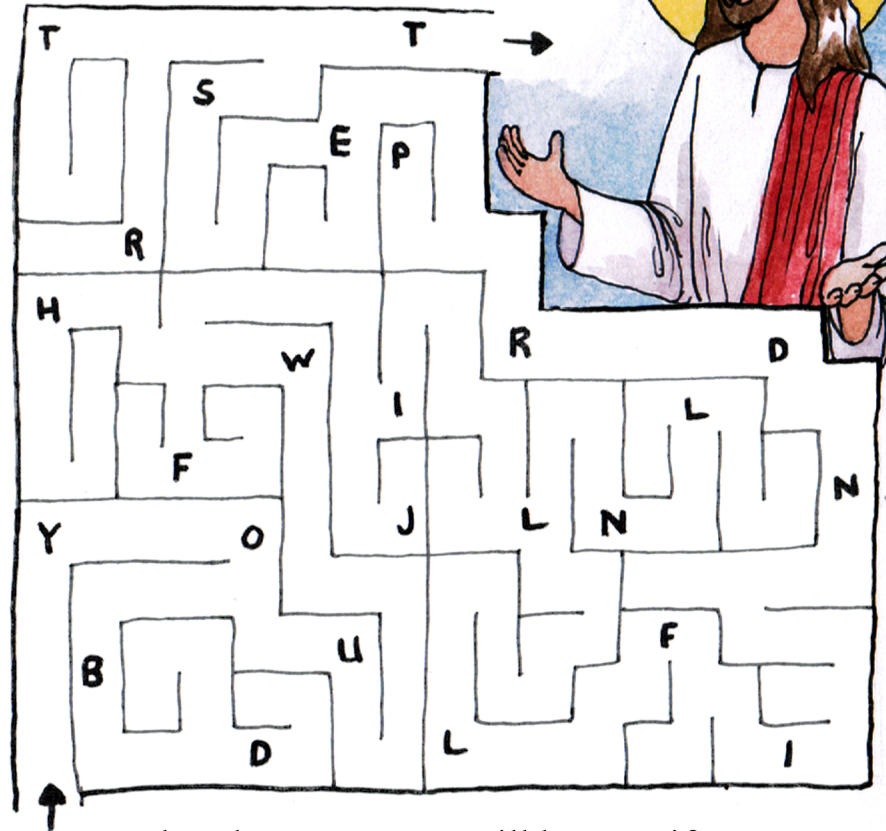


Answer to maze on front: You will find rest.  
Answer to word-find: He is compassionate.

# The Kids' Bulletin

14th Sunday in Ordinary Time  
July 9th, 2023

*"Come to Me, all you who labour and are burdened..."*




What does Jesus say will happen if you go to Him when you're tired and worn out? First find your way through the maze and then use the words from that path to fill in the blanks.

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# Saint Henry

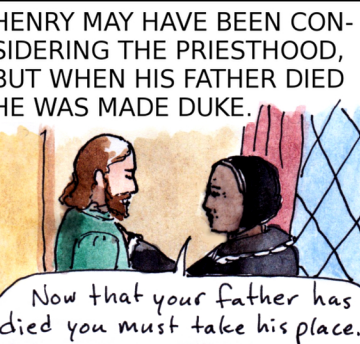
Holy Roman Emperor  
July 13

HENRY WAS THE SON OF A DUKE AND A PRINCESS. HE WAS BORN IN 973 AND WAS TAUGHT WELL BY THE HOLY BISHOP WOLFGANG.




What does it profit a man to gain the world...

HENRY MAY HAVE BEEN CONSIDERING THE PRIESTHOOD, BUT WHEN HIS FATHER DIED HE WAS MADE DUKE.



Now that your father has died you must take his place.

ONE DAY HIS NOW DEAD TEACHER, SAINT WOLFGANG, APPEARED TO HIM.



AFTER SIX

I might die any day now...



You have been chosen...

HE PREPARED FOR DEATH BY DOING GOOD, BUT IN SIX YEARS HE BECAME EMPEROR INSTEAD!

HENRY RULED THE EMPIRE WELL AND RESPECTED THE CHURCH.




We won't touch those lands- they belong to the Church!

HIS ARMIES ONLY FOUGHT TO DEFEND LAND FROM THEIR ENEMIES AND TO PROTECT THE PEOPLE.



Our aim in this battle is to bring peace to our subjects.

HENRY AND HIS WIFE, SAINT CUNEGUNDE, DID NOT HAVE ANY CHILDREN. WHEN SHE DIED, HENRY WANTED TO BECOME A MONK BUT A HOLY ABBOT TOLD HIM TO KEEP RULING.



God has placed you here to rule His people.

SAINT HENRY DIED IN 1024. HE HAD THE HIGHEST POSITION OF POWER IN EUROPE, BUT HE DID NOT TAKE ADVANTAGE OF IT. HE KNEW THAT GOD GAVE HIM THE POWER TO LOOK AFTER THE PEOPLE. GOD WANTS US TO RESPECT PEOPLE IN AUTHORITY AND TO CARE FOR OTHERS WHEN WE ARE IN AUTHORITY.

## Psalm 145 Word-Find

L H A N G E R Y O U G  
O E F O R E V E R I O  
R B S F A L L I N G D  
D L C O C M P G O O D  
M E R C I F U L A W K  
K S A S O A S O W O I  
I S I I U I P R O R N  
N P S M S T R Y R D D  
G E E I T H A N K S N  
D A S G O F I A S L E  
O K N H A U S M T O S  
M E X T O L E E E W S

Find the words from today's Psalm that are in CAPITALS. Use the letters that are left over to fill in the blanks:

What is one of the things this Psalm tells us about God?

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I will EXTOL you, O my GOD and King, and I will bless your NAME forever and ever. Every day will I bless YOU, and I will PRAISE your name FOREVER and ever.

The Lord is GRACIOUS and MERCIFUL, SLOW to ANGER and of great KINDNESS. The Lord is GOOD to all and compassionate toward all his works.

Let all your works give you THANKS, O Lord, and let your faithful ones BLESS you. Let them discourse of the GLORY of your KINGDOM and SPEAK of your MIGHT.

The Lord is FAITHFUL in all his WORDS and holy in all his WORKS. The LORD lifts up all who are FALLING and RAISES up the bowed down.