

**“Come to me, all you who are weary and burdened,
and I will give you rest.”**



Take a pebble.



As you hold it, reflect on any burdens that you are carrying . . .
for yourself . . .
 for others . . .
 from the past . . .
 for the future . . .

When you're ready, lay down the pebble at the foot of the cross, and lay down your burdens with Jesus Christ.

**“Take my yoke upon you and learn from me, for I am gentle and
humble in heart, and you will find rest for your souls.
For my yoke is easy and my burden is light.”**