



**THE BIG IDEA:** UnLoad unnecessary weight that hinders your progress.

**BIBLE REFERENCE:** Hebrews 12:1-3

**LESSON:**

**Intro:** Hey kids, have you ever had to carry something really heavy? Who has helped carry groceries? Or how about a backpack with a lot of books? (After allowing the students to discuss these questions, move into the activity).

**Group Activity - Materials needed: variety of heavy items, grocery bags**

Line the kids up on one side of the room two by two. Give each student a stack of items (heavy enough to require effort to transport). Allow each student to walk to the other side of the room carrying their items. Then allow the students to take turns carrying their items AND their partner's items to the other side of the room.

**Connection:** How did you feel after you carried your set of heavy items? How did you feel after carrying your set AND your partner's set? Did you feel energized or did you feel tired? Did you want to keep carrying that stuff over and over again? (Allow students to share...focus on the difference of when they had to carry both sets of items).

**Application:** We know that life is not always going to be easy. There will be times when things are going great and we feel really good, but there will also be times when things might be rough and we feel less energized. That is completely normal. But what can sometimes make things extra difficult is when we are carrying things that we really shouldn't be carrying. Sometimes it might be that we carry other people's opinions (ex. we might be worried about what our friends think about us all the time). Sometimes we carry the future (ex. we are worried about what's going to happen next year or when you grow up, etc). Sometimes we even carry fear from the things we see happening around us (in the news, in our families, etc). When God made you, he gave you everything you need for what he expects you to carry and for everything else, we can give it to Him. **Read 1 Peter 5:7** The things He wants us to carry are things like our attitudes, our obedience, how we treat others, and how we grow our relationship with Him. If we focus on these things, it will help us UnLoad the stuff that weighs us down.

