Companionship

There are many times throughout our lives, both as children and adults, when we feel tired, worried, afraid, or like we have too much that we need to do. During these times we should remember the companionship of Jesus. A companion is like a friend – they listen to us, care for us, share our worries and try to help us when things feel difficult. People often say, “A problem shared is a problem halved.” By praying and talking about our problems, Jesus will help to lighten our load and lead us to peace.



Adapted from Matthew 11: 25-30

*Jesus had been teaching his disciples about God the Father, and then started to teach and preach to the people in the towns of Galilee. He said, “Come to me, all you who work hard and are troubled or tired and I will give you rest. Learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”*

Activity:

Fold a piece of paper in half, draw the outline of a person and then cut it out (or print and cut out the template below). Unfold the paper and you should have two figures holding hands. Decorate to make them look like you and someone who has been a good companion to you. On the back of your companion you could write some words to describe that person, for example, kind, loving, helpful, loyal, strong.

**Challenge**

**Can you think about how you treat people in your life? Are you a good companion? Next time you see someone who looks worried, scared or upset try to show you care by asking what is wrong and listening to them. What can you do to help them to feel better?**

Prayer:

Dear Lord Jesus,

You are kind and full of compassion. Thank you for offering to be our companion and sharing our concerns as we journey through life.

Amen

Ask a grown up to help you stick a pin through the centre and attach to a straw or stick. Then blow and watch your windmill spin!