

OVERCOMERS KIDS!

Week 3: Our Advocate!

Today's Big Idea: Jesus doesn't want us to carry a heavy backpack of worries; He wants us to stay connected to Him and find true rest!

1. The Heavy Backpack 🎒

Pastor Cory showed us a heavy backpack today! Sometimes, we try to fix all our own problems, or we worry about trying to be perfect. When we do that, it feels like we are walking around carrying a giant, heavy backpack full of rocks. Jesus wants us to drop the backpack and let Him carry the weight.

Fill in the blank from Matthew 11:28: "Come to Me, all you who labor and are heavy laden, and I will give you R ___ T."

2. The Taped Apple Trick 🍏

Can you make a dead stick grow fruit by duct-taping an apple to it? (Circle one): YES! / NO WAY!

We look just as silly when we try to fix our own hearts by "taping on" a fake smile or trying to act perfect. A branch doesn't have to work hard to pop out an apple; it just has to stay connected to the tree. We just have to stay connected to Jesus!

Fill in the missing letters from John 15:4: "A B ___ D ___ in Me, and I in you."

3. Pressing the Pause Button

When the disciples had a really big job to do, Jesus didn't tell them to hurry up and start working. He told them to WAIT in the Upper Room and pray. We need to stop trying to fight our own battles and let Jesus heal our hearts.


Check the box: When you feel mad, sad, or worried, what is the best thing to do?

Yell, fight back, and try to fix it myself. []

Acknowledge the trigger, press pause, and rest in Jesus. []

4. Practice the Pause (Homework)

Your Homework: This week, if you feel upset, don't put the heavy backpack back on. Stop, take a deep breath, and tell Jesus: "I am choosing to leave to give my worries, my concerns to You!"

 **My Overcomer Prayer:** "Dear Jesus, I am tired of carrying a heavy backpack of worries. Help me to practice the pause when I am upset. Teach me to abide in You like a branch on a tree so I can find true rest for my heart. Please fill me with Your Holy Spirit today. Amen."

