

## **burdensome spuds**

**This idea will help kids experience the weight of their burdens and the freedom of trusting in Christ.**

Bring a few bags of potatoes to the group. Have kids make a list of things that bother, upset, and irritate them—stuff that weighs them down—then have them take a potato for each item on their list. Hand out grocery bags and have kids put the potatoes into them. Tell them that for the rest of the class (or retreat), they're to lug the bag around.

Have teenagers gather in a circle, then read 1 Peter 5:6-8 aloud and pray. Play the Todd Agnew song "Lay It Down" while kids take turns laying their "burdens" in the center of the circle. Afterward, donate the potatoes to a soup kitchen.