

## rocks on the road

Every other year we have Rock Night to discuss the burdens we bear. You'll need a bunch of small and large rocks.

We fill the room with rocks weighing from two ounces to 35 pounds. Teenagers each take a small rock and hold it over their heads for five minutes. Then we ask, "What's the burden you feel while holding the rock?" It's very little. Then we have them change to a heavier rock, ask the same question, and add, "If Jesus saw you holding the rock, what do you think he'd ask you? How would you respond?" We continue, using heavier rocks. Then lead into a discussion of Matthew 11:28-30 to show how Jesus promised to take our burdens on him.

You can play the Thrice song "Come All You Weary" for a powerful illustration of that promise, too.

