

**“Come to me, all you who are weary and burdened,  
and I will give you rest.”**



Take a pebble.



As you hold it, reflect on any burdens that you are carrying . . .  
for yourself . . .  
    for others . . .  
        from the past . . .  
            for the future . . .

When you're ready, lay down the pebble at the foot of the cross, and lay down your burdens with Jesus Christ.

**“Take my yoke upon you and learn from me, for I am gentle and  
humble in heart, and you will find rest for your souls.  
For my yoke is easy and my burden is light.”**

Start by praying this prayer from Psalm 139:

Search me, O God, and know my heart;  
test me and know my anxious thoughts.  
See if there is any offensive way in me,  
and lead me in the way everlasting.

Invite the Holy Spirit to shine His light on any area of your life where darkness has fallen. Trust Him to free you from the darkness of pain, fear and sin.

‘Darkness is as light to you.’

Light a candle and place it on the water, as a symbol of the inner light that the Spirit gives.



Pray this prayer from Ephesians 1:

Father God, the God of our Lord Jesus Christ,  
give me spiritual wisdom and the insight to know more of you:  
that I may realise how great is the hope to which you are calling me,  
and how tremendous is the power available to us who believe in you.