

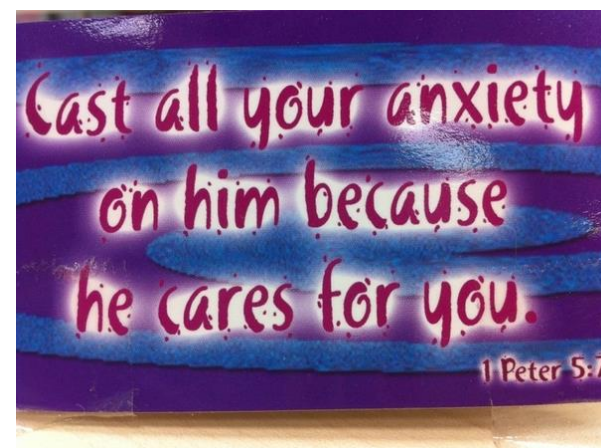
Carrying the Cross

Jesus was made to carry his heavy cross through the streets and then up the hill called Golgotha. Sometimes our problems, our fears and our feelings feel heavy on our backs and in our souls and we find it hard to carry them.

Jesus wants to help us carry our burdens. He wants to give us the strength we need to face the challenges and problems in our lives.

1Pet 5:7 tells us to 'Cast all your cares on Him, because he cares for you'

- ✝ Think about your problems, your fears, or your feelings
- ✝ Write them on a cross as a sign that you are allowing Jesus to help you
- ✝ Trust that He will take care of you







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