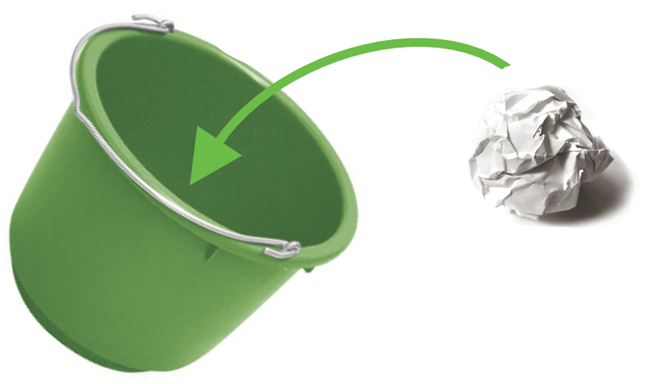
**Give your worries to Jesus**

Do you worry about your future? Or about specific situations, your family and friends, or your whole life? It is really hard not to worry or to deal with sorrow and pain in a good way. Sometimes we even can’t sleep because of our worries!

Read Matthew 11:28-30.

Jesus offers to come to Him and give our sorrows and worries to Him! But as you might know this is difficult! Often we think about our worries again and again! Take a note and a pen, and write down your worries. Then scrunch it up and try to throw it in the bucket hanging down the tech booth. Usually this takes some tries! You have to throw quite a few times before you succeed! Often it is the same with our worries: we have to give them to Jesus again and again till they are gone!