

Find what Jesus said about Himself in Matthew 11:29.

Write the first letter of each picture.

“



”



My yoke is easy
and My burden is
light.



Ages 7+

July 5, 2026 • Matthew 11:25-30

The Easy Yoke



Jesus said, “I praise You,
Father, Lord of heaven and earth.”
What else did Jesus say?

Use this code
to fill in the blanks.

10	L	Y	B	G	U	J
9	X	H	V	E	P	W
8	O	M	A	C	K	D
7	R	N	S	F	I	T
	1	2	3	4	5	6

“

2,7 1,8 1,8 2,7 4,9 5,8 2,7 1,8 6,9 3,7
6,7 2,9 4,9 3,7 1,8 2,7 4,9 1,9 4,8 4,9 5,9 6,7
6,7 2,9 4,9 4,7 3,8 6,7 2,9 4,9 1,7 3,8 2,7 6,8
2,7 1,8 1,8 2,7 4,9 5,8 2,7 1,8 6,9 3,7 6,7 2,9 4,9
4,7 3,8 6,7 2,9 4,9 1,7 4,9 1,9 4,8 4,9 5,9 6,7
6,7 2,9 4,9 3,7 1,8 2,7 3,8 2,7 6,8
6,7 2,9 1,8 3,7 4,9 6,7 1,8 6,9 2,9 1,8 2,8
6,7 2,9 4,9 3,7 1,8 2,7 4,8 2,9 1,8 1,8 3,7 4,9 3,7
6,7 1,8 1,7 4,9 3,9 4,9 3,8 1,10 2,9 5,7 2,8”

Thank you for worshipping with us!

Saint Jane Frances de Chantal Church

9601 Old Georgetown Road

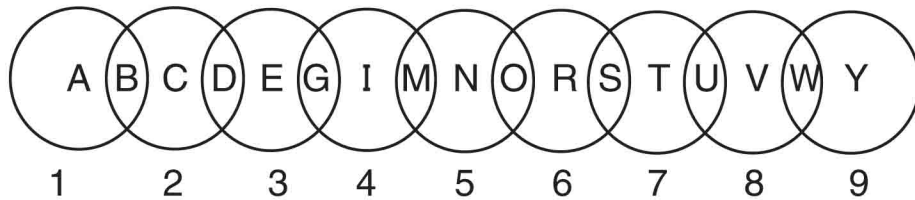
Bethesda, Maryland 20814

www.stjanedechantal.org



Sometimes you feel tired.
Sometimes you feel as if people
expect too much of you.
When you feel like this, Jesus has
some special words for you.

Use the letters in the circles to find Jesus' words.



" _____ to _____, all you
2 5,6 4,5 3 4,5 3

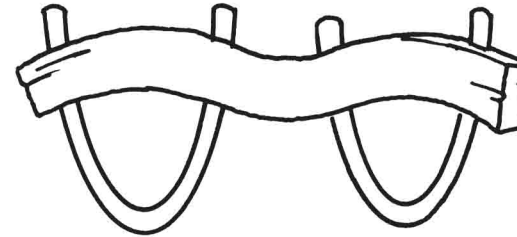
who are _____ and
8,9 3 1 6 9

_____, and I will
1,2 7,8 6 2,3 3 5 3 2,3

_____ you _____."
3,4 4 8 3 6 3 6,7 7

—Matthew 11:28

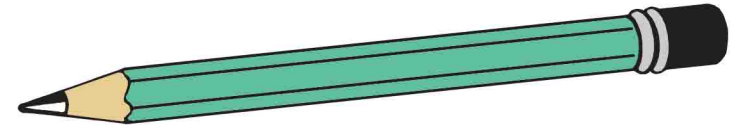
Yokes were worn by teams of animals that
worked together. They shared the load.



Jesus said, "Take My
yoke upon
you and learn
from Me."

—Matthew 11:29

Circle these words in the puzzle below:
take, my, yoke, upon, you, and, learn, from, me
They may be found across, down, diagonally or backward.



L	R	M	Q	A	U	Y	A	N	D	Y
D	Z	Y	E	N	P	L	M	A	R	N
W	B	K	U	Y	O	K	E	K	Y	Q
C	A	D	H	A	N	K	J	P	O	S
T	B	A	D	L	R	Y	F	W	U	O
L	O	N	N	R	A	E	L	R	H	Z
A	U	F	U	H	J	P	O	K	O	W
Q	R	L	A	R	Q	M	W	Y	R	M