

Lighten Your Load

Sin is when we choose to not follow God's commandments. It can feel like a heavy load. When we repent and follow Jesus Christ, He takes the burden of our sin away.

1. Find a bag or a backpack and some heavy items, like rocks or cans of food.
2. Cut out the labels below. Attach each one to a can or rock.
3. Read each label, then put the can or rock into the bag. Pass the bag around so everyone can feel its weight.



4. Take turns removing an object from the bag. When it's your turn, say what someone could do to repent or follow Jesus. (You can look at the list below for some ideas!)
5. When the bag is empty, pass it around again so everyone can feel how light it is. How do you feel when you repent?

When you repent, you:

- Understand that you made a wrong choice.
- Solve the problem the best you can (ask a parent for help if you need to).
- Say you're sorry.
- Pray and ask Heavenly Father to forgive you.
- Try to not do it again. Ask for Heavenly Father's help!



Hurt someone	Told a lie
Called someone a mean name	Disobeyed your parents
Took something that isn't yours	Said a bad word