

Faith Talk *Activity* - April 12, 2026

Family Activity: "The Yoke Walk"

This simple activity makes the yoke metaphor tangible, showing that Jesus carries the burden while we simply stay connected and learn to walk with Him.

Materials needed:

- Two household items to connect (backpacks, stuffed animals, or action figures)
- Rope, string, or scarves
- Something heavy (books, water bottles)
- Open space to walk

Instructions:

1. Demonstrate the burden:

- Give one family member something heavy to carry alone
- Have them try to walk straight while carrying it
- Say: "This is like trying to be good on our own—it's exhausting!"

2. Create a simple yoke:

- Connect two items together with a rope/string (like two backpacks)
- Put the heavy load in one backpack (represents Jesus)
- Leave the other empty (represents us)
- Have the parent and child each wear one backpack connected together

3. Walk together:

- The parent carries the heavy side, the child carries the light side
- Walk around together, staying connected
- Say: "Jesus carries the heavy load of making us holy. We just walk with Him!"

4. Talk about it:

- "Which was easier, carrying the heavy thing alone or walking connected?"
- "Jesus doesn't ask us to carry our sins by ourselves."
- "He just asks us to stay connected and walk with Him."

5. Practice the truth:

- Throughout the week, when facing a struggle, say together: "I don't work on my sin to get to Jesus; I walk with Jesus to overcome my sin."