

## PRAYER STONES

Reflect on Matthew 11:28-30

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”*

Ask yourself the question:

What burdens am I carrying?

Choose a stone in one basket to symbolize each one.

Talk to God about each burden. Consider how hard it is to carry.

Are you ready to turn this burden over to Him?

If so, place the rock in the other basket as an outward sign of leaving the burden in God's hands.

