**CREATIVE PRAYER - CARRY THE CROSS**

In the Easter account there are lots of opportunities to pray about the real meaning of Easter and Jesus’ journey to the cross.

**How?** Have a heavy rucksack for people to pick up the bag and feel its weight. Using pebbles/small rocks as a tangible ‘burden’ encourage people to pray.

**Materials**: rucksack filled with books/rocks, explanation, pebbles, Cross.

**Instructions**

The cross was such a heavy load that they had to force a passer-by, Simon, a Libyan, to carry the cross behind Jesus.

**Lift up the heavy Rucksack;
feel its weight.**

**Inner Focus:** **Take a rock now and hold it.** What loads are you carrying? Work pressures? Worries about money? Fears? Illness? Ask God to show you those worries that you particularly need to let go of.

**Outer Focus:** Who do you know that is weary and burdened? Ask God to help and strengthen them.

**Take the rock with you as you go. Pray over the worries then place the rock at the foot of the cross; try to give that burden to God.**