



September 26- October 2

“He Hath Borne Our Grievs, and Carried Our Sorrows”

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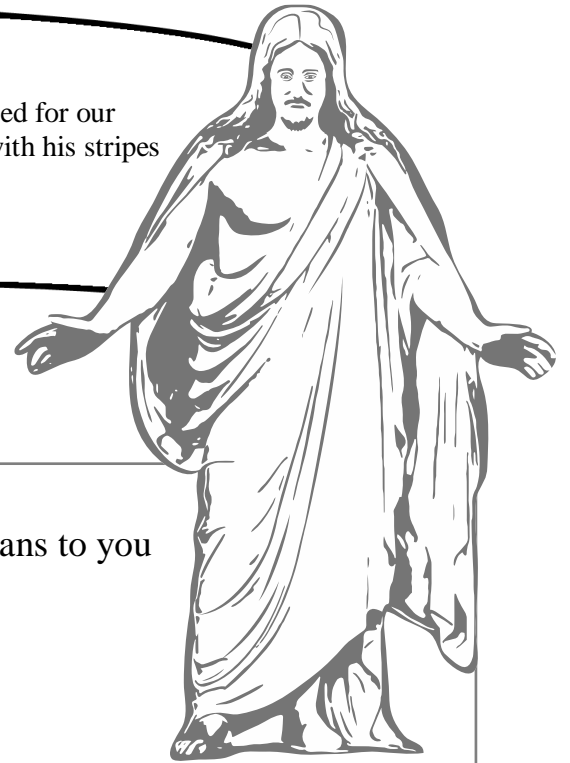
1. **Song** – Sing “[I Stand All Amazed](#)” and review what we know about Jesus Christ.
2. **Videos** – Watch one or more of the following videos to discuss Christ’s Atonement.
 - [“Jesus Suffers in the Garden of Gethsemane”](#)
 - [“The Trials of Jesus”](#)
 - [“Jesus is Crucified”](#)
3. **Pictures/Heavy Item** –
 - **Pictures:** From the manual: “*Display pictures of the Savior suffering on the cross and in the Garden of Gethsemane (some on page 6 below). Ask the children to describe what they see in the pictures and share what they know about what is happening. Why did Jesus suffer for us?*”
 - **Heavy Object:** From the manual: “*Read to the children from [Isaiah 53:4](#): “He hath borne our grievings, and carried our sorrows.” Show the children a heavy object (or a picture of one), and invite them to pretend to lift something heavy. Explain that “grief” and “sorrow” (or sadness) can feel heavy and hard to carry. Testify that Jesus Christ will help us carry these things because He loves us.”*
4. **Christ Carrying Our Sorrows Activity** – Print up page 3 below. Cut out the sad faces and take turns sharing sorrowful things that we might experience. As each is shared, glue one of the faces onto the Jesus picture to show Him carrying those sorrows. Discuss how He has felt and carried all of the sad things we feel. He can help us through those experiences because He has felt them Himself.
5. **Fill-In-The-Blank Name Scripture** – Give each person a copy of the Isaiah verses on page 4 or 5 below. Talk about each part one line at a time and fill in the blanks with their own names. Testify that his Atonement was completed for each of us personally. Christ knows us and loves us each individually.
6. **Scripture Draw/Testimonies** – Do the scripture draw on page 2 below. Then set out a picture of Christ and give everyone some time to share testimonies of Him.
7. **Treat** – Eat candy rocks (like [these ones](#)) while talking about how Christ carries heavy things for us (grief, sorrows, iniquities).

Additional Ideas:

More Great Free Ideas at www.theredcrystal.org
[Old Testament Cartoon Videos from the Church Website](#)

Isaiah 53:5

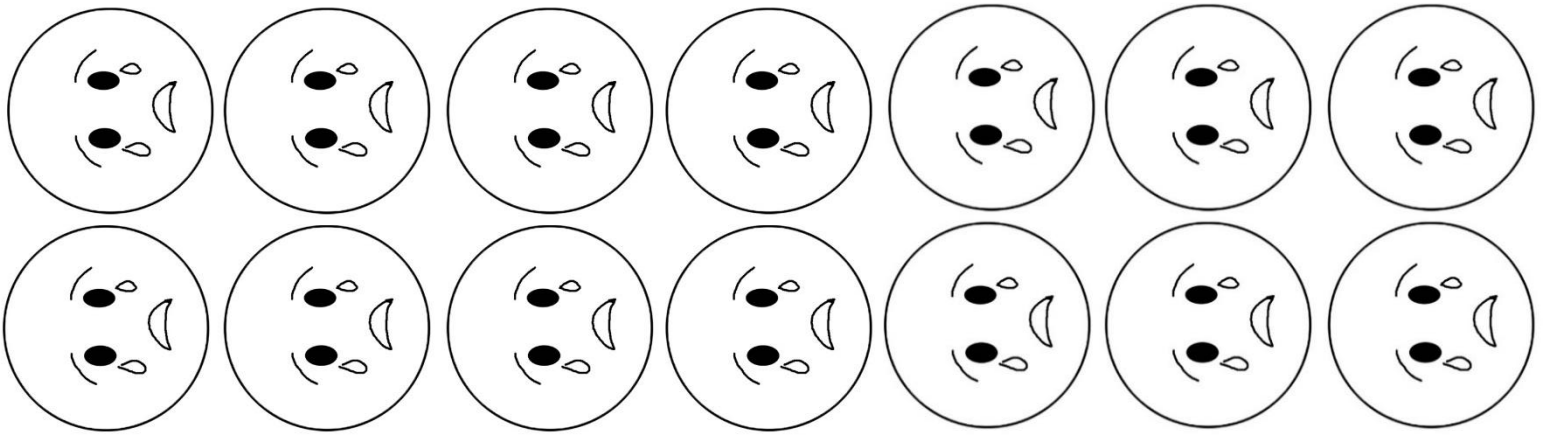
“But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.”



Draw pictures or use words to show what this verse means to you personally.

“...he hath borne our griefs, and carried our sorrows.”

Isaiah 53:4



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Images for this activity created by and used with permission from Crystal (www.theredcrystal.org)

Isaiah 53:4-5

“Surely he hath borne ’s griefs,
and carried ’s sorrows:

yet we did esteem him stricken, smitten of God, and afflicted.

But he was wounded for ’s transgressions,

he was bruised for ’s iniquities:

the chastisement of ’s peace was upon him;

and with his stripes [is] healed.”



The Mocking of Christ, by Carl Heinrich Bloch

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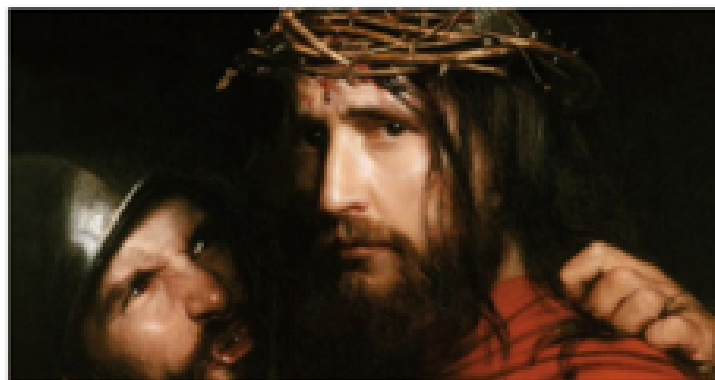
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The Crucifixion, by Harry Anderson, © IRI