



World Day of Prayer

(Scottish Committee)

Informed Prayer; Prayerful Action

“I Will Give You Rest: Come”

Matthew 11:28-30

Prepared by WDP Scotland

March 6, 2026

Youth Resources



Use this pack to engage teenagers aged 12+ in meaningful reflection on faith, social justice, and community. It can be used as a full programme or individual exercises used as suits your circumstances

FACILITATOR'S GUIDE

Preparation:

- Print quiz sheets.
- Have art materials, candles/stones, and optional digital tools ready.
- Familiarise yourself with the background of World Day of Prayer.

SESSION TIPS:

- Encourage open conversation and listening without judgement.
- Adapt language where necessary based on group needs.
- Use the stories of Beatrice, Jato, and Blessing to ground abstract ideas in reality.

SUGGESTED SCHEDULE:

- Welcome and Introductions (10 mins)
- Reflect & Respond Scripture (15 mins)
- Real Stories & Discussion (20 mins)
- Worship/Prayer Activity (15 mins)
- Creative Visual Expression (20 mins)
- Quiz + Group Review (15 mins)
- Optional Action Challenge or Follow-Up Reflection

Outcomes:

- Increased empathy for global issues.
- Deeper understanding of Jesus' invitation to rest.
- Practical connection between faith and justice.

WELCOME AND INTRODUCTION - REFLECT & RESPOND: JESUS' INVITATION

Read Matthew 11:28–30.

'Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest...'

Reflect:

- What burdens do young people carry today?
- Where or how do you find rest when things feel overwhelming?
- What might it look like to 'take on Jesus' yoke' in your life?

Activity:

Write or draw a response in a journal or group art wall under these headings:

- What I carry
- Where I rest
- What I hope for others

Real Stories, Real People

Explore the stories of Beatrice, Jato, and Blessing. (see order of service)

Discussion Prompts:

- What stood out to you in these women's stories?
- Have you ever seen someone in your community carry a 'burden' like theirs?
- What role does faith, friendship, or community play in helping someone carry on?

CRITICAL THINKING & COMPASSION

Activity: Debate or small group discussion

Topic ideas: 'Is the world fair?' or 'What does it mean to bear each other's burdens today?'

Challenge Task:

Imagine you could write a letter to one of the women. What would you say? What would you want to learn from her?

WORSHIP & PRAYER TIME

Suggested Songs:

- 'Come Unto Me' (WDP 2026 Theme Song)
- 'Brother, Sister, Let Me Serve You'
- Youth worship tracks about peace and burden-bearing

Group Prayer:

Use candles or stones. Each teen places one down saying:

'This is my burden...'

Then picks up a paper heart with a message of hope such as:

'You are not alone,' 'Peace is possible,' 'Jesus gives rest'

VISUAL CULTURE PROJECT

Create a poster, Tik Tok, or digital storyboard with the phrase:

'Where do I find rest?'

Use art, movement, photography, or music clips to express your ideas.

OPTIONAL GROUP CHALLENGE IDEAS

- Host a sleep-in to raise awareness of youth housing insecurity.
- Create a 'Rest Room' in your youth group space with calming playlists and affirmations.
- Connect with a charity that supports education for girls globally.

World Day of Prayer

QUIZ: WHAT HAVE YOU LEARNED?

1. What is the theme of WDP 2026?
2. What Bible verse is the theme based on?
3. Who prepared the worship materials for 2026?
4. What symbol represents women's sustenance and divine provision in Nigeria?
5. What was Beatrice's burden?
6. What did Jato fear for her son?
7. What did Blessing struggle with?
8. What phrase does Jesus use to invite the weary?
9. What is meant by 'God's rest'?
10. What instrument is symbolic in Nigerian music?
11. What role did community play in Beatrice's healing?
12. What kind of education is emphasised in Nigerian culture?
13. What challenges do Nigerian women face?
14. What story reflects poverty and mental health burdens?
15. What does WDP stand for?
16. What is the motto of the World Day of Prayer?
17. What song invites people to come to Jesus?
18. What Nigerian languages are suggested for saying the Lord's Prayer?
19. What does the 'burden' metaphor represent?
20. What is the call to action at the end of the service?

Answer Key

1. I Will Give You Rest – Come
2. Matthew 11:28
3. Women of Nigeria
4. Cassava
5. Health and trauma from abuse
6. Safety and access to education for her son
7. Poverty and mental health
8. Come to me, all who are weary
9. Peace, hope, and freedom from oppression
10. Talking drum
11. Support for healing
12. Holistic education including moral and spiritual
13. Gender-based violence, inequality, poverty
14. Blessing's story
15. World Day of Prayer
16. Informed Prayer. Prayerful Action.
17. 'Come Unto Me' (theme song)
18. Yoruba, Hausa, Igbo
19. Emotional, physical or spiritual struggles
20. To walk together in solidarity and faith