



World Day of Prayer

(Scottish Committee)

Informed Prayer; Prayerful Action

“I Will Give You Rest: Come”

Matthew 11:28-30

Prepared by WDP Nigeria - March 6, 2026

Children’s Service

WORDS OF WELCOME

Adult: Good morning, children!

➤ Children: **Good morning!**

Adult: If you are happy and you know it, say Amen!

➤ Children: **Amen!**

SONG

You could sing the song *‘If you are happy and you know it’* here adding a verse
If you are happy and you know it, say Amen!

OPENING PRAYER

Adult: Now let’s say a prayer. Repeat after me.

Adult: Dear God

➤ Children: **Dear God**

Adult: Thank you for your love.

➤ Children: **Thank you for your love.**

Adult: Thank you for your mercy.

➤ Children: **Thank you for your mercy.**

Adult: Thank you for all the people who love us.

➤ Children: **Thank you for all the people who love us.**

Adult: Thank you for peace and joy.

➤ Children: **Thank you for peace and joy.**

Adult: AMEN.

➤ Children: **AMEN.**

THEME SONG

Come Unto Me is the theme song, composed by a woman from Nigeria, especially for this World Day of Prayer program. Let's learn the refrain of the song!

*Come, come unto me, (2x)
come, you who are weary, and I will give you rest.
Come, come unto me, (2x)
Come, you who are burdened, and I will give you rest.*

(You Will Find This Sung By The Writer On The World Day of Prayer International Committee YouTube Channel)
<https://youtu.be/tATartYvEso?si=n8dbPgoU7VJPnBNh>

LEARNING ABOUT NIGERIA

Every year, the World Day of Prayer program comes from a different country. This year, the program came from Nigeria. Let's look at a map to figure out where our new friends are from!
[Look at the map of Africa with the children.]

- Does anyone know which continent this is?
- Where are some of the countries around Nigeria?

Now let's do this puzzle together – it's a map of Nigeria that shows the 6 different zones of the country.

[Put the pieces of the puzzle together.]

SCRIPTURE READING

The Bible passage for today comes from the gospel of Matthew, Chapter 11, Verse 28. Jesus is speaking, and he is inviting us to come and find rest. Repeat after me.

Adult: Come to me,

➤ **Children:** Come to me,

Adult: all you who are weary,

➤ **Children:** all you who are weary,

Adult: and all who are carrying heavy burdens,

➤ **Children:** and all who are carrying heavy burdens,

Adult: and I will give you rest.

➤ **Children:** and I will give you rest.

Adult: I will give you rest

➤ **Children:** I will give you rest

STORY TIME

Amina's Morning Prayer: A Story of Courage and Kindness

In a busy town in Nigeria, there lived a kind woman named Jato and her daughter, Amina. Every morning, before school, Jato and Amina would say a special prayer together.

One morning, Amina asked, "Mama, why do you always pray for me?"

Jato smiled gently and said, "Because I want you to be safe, brave, and full of love—just like Jesus."

Amina loved going to school and learning new things. But Mama worried, because sometimes, people who believe different things don't get along. "Some people are afraid of differences," Mama said, "but Jesus teaches us to love everyone, even when it's hard."

They talked about a girl named Leah, who was very brave. Leah stayed strong in her faith, even when people tried to make her stop believing in Jesus. "Leah reminds us to be strong and kind," Mama said. "We can choose love every day, no matter what happens."

In Amina's town, people of different faiths—Christians and Muslims—lived side by side. Sometimes there were problems, but many people tried to live together in peace. "We are all neighbors," Mama said. "And Jesus wants us to love our neighbors."

That morning, as Amina put on her backpack, Mama gave her a hug. "Remember what Jesus said: 'You will have trouble in the world, but don't be afraid—I have already won.'"

Amina walked to school with a smile. She knew her mama's prayers were with her, and she wanted to be someone who spread kindness wherever she went.

QUESTIONS

What did you learn from this story?

What do you think this story taught you about God?

SONG

Reprise Theme Song

DRAWING

Invite the children to draw a picture. On one side of the picture, they can draw a picture that shows what it is like to have heavy burdens. And on the other side of the picture, they can draw a picture that shows what it is like to find rest.

SONG

"Come to Me" Tune: Give Me Oil in My Lamp

Come to Me now, all you who are weary

carry heavy loads, come to Me.

I will give you rest for every burden

Trust in My love and you will be free

Chorus

Come to Jesus, come to Jesus,
come to Jesus who will lead the way
Come to Jesus, come to Jesus,
come to Jesus every day

Based on Matthew 11:28

Helen M Mee 2025

LETTING GO OF OUR BURDENS

Give each child something heavy to hold, like a stone. Once each child has an object, invite each child to share something that makes them feel worried or sad or upset. After they share with the group, the child can go and put their heavy object on an altar space that is set up in the room. Each child shares one at a time, and adds their object to the pile on the altar.

SONG

Reprise 1st song – *If you're happy and you know it* adding a verse If you are happy and you know it, say Amen!

CLOSING PRAYER

Adult: Let us pray. Repeat after me.

Adult: Dear God,

➤ **Children:** Dear God,

Adult: I am your child.

➤ **Children:** I am your child.

Adult: I give my burdens to you.

➤ **Children:** I give my burdens to you.

Adult: Thank you for helping me.

➤ **Children:** Thank you for helping me.

Adult: Help me to help others.

➤ **Children:** Help me to help others.

Adult: Thank you for the children in Nigeria.

➤ **Children:** Thank you for the children in Nigeria.

Adult: And thank you for children all around the world.

➤ **Children:** And thank you for children all around the world.

Adult: AMEN

➤ **Children:** AMEN

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