

HOW CAN I RELIEVE YOU OF THAT BURDEN IF YOU WON'T LET GO OF IT?



It hangs like a cloud over everything,

saps away our joy,
poison's our peace,
distorts our perceptions
cuts us off from people around us.

It's a burden we carry seemingly against our will.

A resentment.
A regret.
A guilt that won't depart.
A fear.

Suddenly, out of nowhere, words are spoken directly into our hearts:

"Come to me all you who labor and are heavy laden, and I will give you rest."



i.e. "I will lift that burden from you."

Of course the Master can only lift that burden, if you let him have it.

Name it.

Lay it at his feet.

Let go of it.

Even if you have to do this a hundred times.

Keep doing it until it's gone.

And then, in it's place, pick up the burden which will never weigh you down. Commit yourself to the Master afresh, and start walking at his side.

**"Take my yoke upon you and learn from me,
for I am meek and lowly in heart, and you will find rest for your souls.
For my yoke is easy, and my burden is light."**

Matthew 11:29-30



Prayer: Lord, we need relief from these burdens that load us down, that torment us. Help us to let them go. Help us to release our tight grip on them. Help us to release the fears, the attitudes, the resentments, the regrets, the criticisms that poison us and rob us of life and hinder our love for others. We lay them before you now, take them, take them. Exchange them for the light, wonderful burden you have for us. The burden of trusting you, of resting in your care, of loving you and of loving others like you do. What an easy, beautiful burden you give. Give us the faith and the desire to embrace your burden instead. Amen.

Message: Richard E. Bieber Unknown date

Featured Artists First piece by Eugene Burnand in the public domain. Other pieces courtesy of Matt Philleo at mattphilleo.com

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THE LAMB
WHO WAS SLAIN
HAS BEGUN HIS REIGN