

## Our Heavy for His Light

### Ready:

“Cast your burden on the LORD, and he will sustain you; he will never allow the righteous to be shaken.” – Psalm 55:22

### Set

One of the greatest things of life in Jesus is freedom from our burdens. We are born sinners, and as a result, we carry the weight of sin, guilt and shame.

We may carry burdens of fear, failure and inadequacy. These can pull us from the richness of fellowship with God through Christ, but the Bible is full of verses on how to handle them.

Psalm 55:22 says to cast your burden on the Lord, and HE will sustain you. As we seek the Lord, we learn to trust Him and leave our burdens for Him to carry. 1 Peter 5 says we need to cast ALL our anxieties onto Him because He cares for us. Psalm 69 says that He, God, bears us up every day.

In Matthew 11, Jesus challenged the listeners to come to Him. He said to take on His yoke because “*My yoke is easy, and My burden is light*” (vs. 30). What does this mean? A yoke would bind two oxen together to pull something heavy, like a cart or a plow. Jesus invites us to put on His yoke and pull the load WITH HIM. He will be beside us, pulling that weight, making our burden easy.

That old, heavy burden, the fear, anxiety, or bad choices made in pride – He wants us to put them down because He freed us on the cross. Then He wants us to share a yoke with Him. Don’t hold on to that weight anymore! Come to Him and find rest.

### Go

- What burdens are you carrying?
- Whatever the burden, take a moment and ask God to help you take it off.

### Workout

Psalm 55:22

Matthew 11:28-30

1 Peter 5:6-7

### Overtime

“Father, I need help with this. I thank You for Jesus and His faithfulness and sacrifice, but I can no longer carry this weight. Help me to drop this burden and put on His easy yoke. In His name, I pray, Amen.”



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