

July 30, 2023

DO NOT LET YOURSELVES BE BURDENED

I rummaged through my purse, looking for the chapstick lingering near the bottom. My fingers closed around a small object, round and cool. I pulled it out, feeling its heft in my hand. For such a small item, it sure was heavy! What in the world?

I blinked at the black metal lying in my palm. How long had I been toting it in my purse? I did a little mental math. It had been a month or more since I'd found the ¾-inch socket on the driveway and tucked it into my purse. Taking the heavy item out made my bag noticeably lighter.

This unnecessary burden had weighed me down for weeks.

I find that happens in many areas of my life. I am weighed down by expectations, either of my own or of others. I am burdened by my own sin.

This needn't be true.

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery" (Galatians 5:1).

What is this burden, this slavery? Jesus tells us in John 8:34 that everyone who sins becomes a slave of sin. Thankfully, there is good news. Plucking the burden of sins from our lives is as simple as pulling that socket out of my purse and setting it on the entry table. Except, we don't have to do it on our own.

"We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin" (Romans 6:6).

Christ Himself has removed the burden of sin from you. But what about the rest—the worry and the expectations? Jesus gives us a promise for those as well.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me . . . and you will find rest for your souls. For my yoke is easy and my burden is light" (Matthew 11:28-30).

Take your worries and cares to Jesus. He is gentle with our weaknesses. He gives rest to our weary souls.

I pray these words from the hymn "What a Friend We Have in Jesus" will bless you today:

Are we weak and heavy-laden, Cumbered with a load of care?
Precious Savior, still our refuge—Take it to the Lord in prayer; . . .
In His arms He'll take and shield thee, Thou wilt find a solace there.

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AFLC Promotion for July is Parish Education