

WEDNESDAY SEPTEMBER 1

WHEN IS A BURDEN NOT A BURDEN?

Psalm 55:22

Have you ever experienced lifting something that you know good and well would require a lot of effort but you didn't want to bother someone else or take the time to get help? Well, that object became a burden as you lifted and carried it...we are encumbered with weight. When I try lifting something I know is heavy it may take me awhile to get to where I need to go with it and I struggle with it in the process. Due to either impatience or stubbornness on my part, the ramifications of my struggle may bring about some suffering.

This can be quite the picture of what we may encounter when it comes to being burdened with spiritual or emotional burdens. We try carrying them around on our own not wanting to bother anyone else with them, or pride gets in the way...not wanting anyone to know we are struggling. All the cares we experience in this life can become weighty burdens which if we keep carrying around on our own may also result in some unnecessary suffering.

The simple answer to what we try to do on our own is to cast our burdens (release the weight of it) on the Lord. We are told to do one thing by God and in return, He will do two things. He will sustain us and He will not allow those who are righteous to be moved (made to slip, fall, or fail). (See Psalm 55:22) David is an example of one who was sustained. When giving those burdens to the Lord, we don't take them back or fret over them. We are to learn to leave them with our burden bearer and not fret over the outcome. "...Casting all your care on Him, because He cares about you." (1 Peter 5:7)

When I try to lift and carry heavy objects on my own, I experience weariness sooner than when I have help. The invitation still remains to each of us. "Come to Me, all you who labor and are heavy laden, and I will give you rest." (Matthew 11:28 NIV) That is when burdens are no longer burdens.