

Burdens

Lay your burdens down - Chuck Girard song

Exchange your burdens with Jesus Christ - A. B. Simpson

Matthew 11:28-30

Come unto Me, all you who labor (toil, are weary and fatigued) **and are heavy laden** (overloaded, weighed down – with burdens of care, concerns, anxieties, troubles), **and I will give you rest** (cause the overloading to come to an end, restore and refresh your soul).

Take my yoke (in place of the one you have) **upon you and learn of Me,** **for I am meek and lowly of heart, and you will find rest for your souls.**

For My yoke is easy and My burden is light.

- Christ's yoke –** Yoke means a coupling, that which couples us to Him, that is His Holy Spirit.
- is easy -** Meaning, good, kind, and better than the yoke of bondage that couples me now to my burdens.
- and His burden -** Burden means something carried
- is light -** Very small, little by comparison to the burden I now carry – for Christ's burden is the burden of intercessory prayer for others, that's all.

God invites us to literally lay our burdens down on Him – which necessarily means giving up on myself and others to relieve me of my burdens – how humbling is that ?

1 Peter 5:6-7

**Therefore humble yourselves under the mighty hand of God
....casting all of your cares upon Him, because He cares for you.**

Cares – burdens, worries, the load on my mind, fears, troubles, and sorrows.

Why - because He cares for you.

What a friend we have in Jesus, all our sins and griefs (burdens) to bear

O what peace we often forfeit, O what needless pain we bear, all because we do not carry everything to God in prayer.

Who do you suppose doesn't want me to lay my burdens down on God
Who do you suppose doesn't want me to carry everything to God in prayer
Who do you suppose fed me the burdens of thought to begin with
Who do you suppose doesn't want me to exchange my burdens for Christ's
burden of intercessory prayer for others ?

1 Peter 5:8 (the very next Bible verse gives us the answer)

Be sober be vigilant, because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

Be sober - Un-intoxicated with yourself, your job, your achievements, your possessions, your pleasures or your relationships.

be vigilant - Spiritually awake, not asleep, alert and discerning constantly.

your adversary Yes I do have a real enemy, an invisible enemy, the devil, and our warfare consists of daily wrestling down the heavy burdensome thoughts of care that he wants me to be yoked or coupled to.

seeks to devour you To swallow me, to drown me with a burden of care about things and circumstances, with ought about people, with troublesome concerns about myself. But God says I can resist the devil – if I

Lay my burdens down – casting all of my cares on Him – because He cares for me, And instead be coupled to His gentle Holy Spirit - and be led by Him into prevailing intercessory prayers for others, having exchanged my burdens with Christ.