

## REFLECTION FOR 5<sup>TH</sup> JULY 2020

I love these comforting words of Jesus!

Matthew 11:29-30 **Take my yoke upon you.** Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. **For my yoke is easy to bear, and the burden I give you is light.**

**However... A famous preacher once said something, that is simple common sense:**

None knows the weight of another's burden.

**George Herbert**

I remember a sermon (and there are probably only about 5 or 6 that I do remember!) when I was training with Church Army. It was a sermon about 'The Gospel of the Grabs'. Ivor, the preacher talked about how we look to Jesus to solve our problems, bring us peace, take our burdens, make us happy, give us joy... and maybe even make us tea and lemon drizzle cake!... But then went on to say that, in all honesty, life, and the Christians life, is really not like that.

By following Jesus, we are not suddenly 'transported' to a land of milk and honey.

We are in the same place, in the same time, with the same people around us and the same day to day problems to face.

I have told the story of the 'Cross Shop' before, but here we go again!..... **NOT TRANSCRIBED!**



So we all face burdens and really, what feel like weights on our shoulders...

lock down burdens..... illness burdens.... Anxiety burdens..... money burdens..... family burdens.....

There is something about the Journey we share with Jesus

It means that we accept the burdens..... we are honest with God.... (mind you he knows us inside out anyway!) but learn to trust him with them.

I remember being told.. and I now often tell myself... **'bring your burden to Jesus, to the foot of the cross.... Trust him. Not necessarily to make it go away, but to share it, be with you in it, give you strength to walk when all you want to do is stumble.'**



Owen is obsessed with many things, and one of them is the London Underground.

But, as you walk through Westminster... you would never know about the hundreds of thousands of people that are buzzing like bees below the streets.

Isn't that like each of us... we keep so much below the surface....

How can we say we know each other..... there is so much going on for each of us....

**Thomas Aquinas...** way back in about 400AD talked about how a great building must have deep foundations. Or, as he expressed it, a great building must 'go low, before it is high and the top is raised, only after the depths have been dug!'

George Whitfield a famous Gloucestershire preacher said:

- "And if Jesus Christ gives you rest, you may be sure it will be a rest indeed; it will be such a rest as your soul wants; it will be a rest which the world can neither give nor take away."

Jesus says... take my yolk.... If your weary.. I know... if your burdened... I know.... Let me share it... let me hold it.. let me **BE WITH YOU IN THE MIDDLE OF IT!**

There are some bible quotes below the words of this reflection..... We need to decide if we are willing to 'Trust Him' with the burdens we carry.

### **What does the Bible say?**

Psalms 68:19-20 **The Lord deserves praise! Day after day he carries our burden, the God who delivers us.** Our God is a God who delivers; the LORD, the sovereign Lord, can rescue from death.

Matthew 11:29-30 **Take my yoke upon you.** Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. **For my yoke is easy to bear, and the burden I give you is light.**

Psalms 138:7 Though I walk in the midst of trouble, **you preserve my life; you stretch out your hand against the wrath of my enemies, and your right hand delivers me.**

2 Corinthians 1:4 **Who comforteth us in all our tribulation,** that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

Psalms 31:24 **Be of good courage, and he shall strengthen your heart,** all ye that hope in the LORD.

### **Give your burdens to God.**

Psalms 55:22 **Turn your burdens over to the LORD, and he will take care of you.** He will never let the righteous person stumble.

Psalms 18:6 But in my distress I cried out to the LORD; yes, I prayed to my God for help. He heard me from his sanctuary; my cry to him reached his ears.

Psalms 50:15 Pray to me when you are in trouble! **I will deliver you, and you will honor me!**

Philippians 4:6-7 Never worry about anything. Instead, in every situation let your petitions be made known to God through prayers and requests, with thanksgiving. **Then God's peace, which goes far beyond anything we can imagine, will guard your hearts and minds in union with the Messiah Jesus.**

### **Our awesome refuge**

Psalms 46:1-2 **God is our refuge and strength, a great help in times of distress.** Therefore we will not be frightened when the earth roars, when the mountains shake in the depths of the seas.

Psalms 9:9 The Lord also will be a refuge for the oppressed, a refuge in times of trouble.

### **Sometimes unconfessed sin is the cause of our burdens. When this happens we must repent.**

Psalms 38:4-6 My guilt overwhelms me—it is a burden too heavy to bear. My wounds fester and stink because of my foolish sins. I am bent over and racked with pain. All day long I walk around filled with grief.

15. Psalm 40:11-12 Withhold not thou thy tender mercies from me, O LORD: let thy lovingkindness and thy truth continually preserve me. For innumerable evils have compassed me about: mine iniquities have taken hold upon me, so that I am not able to look up; they are more than the hairs of mine head: therefore my heart faileth me.

### **Being a blessing to others.**

Galatians 6:2 **Help carry each other's burdens.** In this way you will follow Christ's teachings.

Philippians 2:4 Look not every man on his own things, but every man also on the things of others.

Romans 15:1-2 **We who are strong must be considerate** of those who are sensitive about things like this. We must not just please ourselves. **We should help others do what is right and build them up in the Lord.**

### **Reminders**

1 Corinthians 10:13 There hath no temptation taken you but such as is common to man: but **God is faithful, who will not suffer you to be tempted above that ye are able;** but will with the temptation also make a way to escape, that ye may be able to bear it.

John 16:33 These things I have spoken unto you, that **in me ye might have peace.** In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

Matthew 6:31-33 So don't ever worry by saying, 'What are we going to eat?' or 'What are we going to drink?' or 'What are we going to wear?' because it is the unbelievers who are eager for all those things. **Surely your heavenly Father knows that you need all of them! But first be concerned about God's kingdom and his righteousness, and all of these things will be provided for you as well.**

2 Corinthians 4:8-9 We are troubled on every side, **yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken;** cast down, but not destroyed.

### **Advice**

Proverbs 3:5-6 **Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him,** and he shall direct