

Mid-Week Devotions

Trading in Your Heavy Load



Read Matthew 11:28-30

“Take My yoke upon you...”

“Come to me all of you that are heavy laden and I will give you rest,” it is a familiar verse that is preceded by Jesus praying to the Father saying, “all things have been handed over to Me by the Father...” I find it interesting that Jesus would then go on to say, “Take *My* yoke upon you...!” It would seem that Jesus’ answer to relieving our burdens would be to put them down and pick His up!

Our burdens come in all different shapes and sizes, yet they are all burdens nonetheless. The one common thing among burdens is that while we all carry them around throughout our lives, God didn’t put them there. Often others who have learned to manipulate our need to please and receive their approval place them upon our shoulders. Sometimes we just pick up burdens on our own in an attempt to try and get life just right through striving. In any event, if your burden doesn’t feel light, then it didn’t come from Jesus.

Jesus’ yoke, He tells, us is easy and light; “take My yoke upon you and learn from Me,” Jesus says. It would seem that in taking Jesus’ yoke we learn how to be gentle and humble in heart. It also means that if you are tired of carrying around your own burdens, the burdens of work, family, and health, there is the only solution that will lead you to find rest for your soul. You must trade your burdens for the burdens of the Savior of the whole world. This is because His burdens are lighter than the ones you are carrying.

The point here is not that we will find relief in simply getting rid of our burdens. Rather there are right and wrong burdens to pick up and carry. According to Jesus, His burdens are the right ones for they are light and provide rest for our souls. What makes Christ’s yoke easy in the first place is that it is His, and even though He invites us to share it with Him, at the end of the day, knowing that it is the Savior’s yoke makes all the difference. So each night as you pray for God to take your burdens from you, you are in essence saying take this burden, Lord, and make it Your own, so that tomorrow when I take Your yoke upon me, I will receive Your rest. Someone once said, “a problem shared is a problem divided.” However when you share your problems with Jesus, He goes one-step better; He makes them His own, and in doing so they are no longer yours to carry.

Precious Savior, take these burdens I am carrying, so that tomorrow I may find rest for my weary soul in carry Yours instead. In Jesus name, Amen.