

*Lord, teach us to trust in your truth,  
discarding what the world considers essential, reordering our priorities  
and rejoicing in the freedom that only you can give.*

**Amen.**

## **Reflection for the week: July 5- July12th, 2020**

*'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest... For my yoke is easy, and my burden is light.'*  
Matthew 11: 28

This scripture was painted in red Gothic script across the chancel arch of the church I attended as a child. The result is that I always remember this verse with that chancel arch in mind. The church was built to accommodate colliers, farm labourers and factory workers and Sunday was indeed the day of rest from tough manual work; *'Come unto me and I will give you rest.'* This idea was reinforced for me in school text-books showing 19<sup>th</sup> century engravings of women and children hauling coal sacks, or photos of potters tottering under a stack of plates.

Times change and with them the interpretation of how we read scripture. Lots of jobs are now desk-based and unemployment is a constant threat. Finding meaning and purpose in life are more important than ever. The point is that the burdens we carry don't disappear, they just change shape.

Burdens come in different guises; the burden of poverty, the burden of pain, the burden of caring, the burden of overwork and the burden of purposelessness, the burden of the past, the burden of the ego and the burden of the demand for self-sufficiency, etc. Anxiety, fear, doubt.

Jesus calls us to come to him to seek relief and liberation. Jesus does not want us to carry these burdens. He gives us permission to put the burdens in a bin sac, tie it up, and dump it at the foot of the Cross. Jesus can and will deal with these burdens. We can lay them down.

What Jesus gives us to carry is light by comparison. It is not that we don't have responsibilities and duties, or that we can instantly eradicate our fears and doubts, but we are given the strength to carry the things *we need* to keep with us.

This week, we could take some time to present the burdens we carry to the Lord and ask him to sift through them, giving us strength to carry *only* those things that we need and the courage to jettison the rest into his care.