

Daily Devotional, November 4, 2020 Lay Down Your Burdens

“Come to me all you who are weary and burdened, and I will give you rest.” Matthew 11:28 (NIV)

In Max Lucado's book, *Traveling Light*, he talks about one of the problems that Christians have in life. It is the problem or tendency that we have to try and carry burdens that we are not supposed to carry alone. In his book, Lucado tries to show his readers how it is best to lay these unintentional burdens down and let God help us carry the load.

We do seem to carry a lot of stuff around with us on our journey through life. There is the suitcase of guilt and the sack full of unhappiness or jealousy. There is the backpack of doubt and the overnight bag of loneliness. We often carry a trunk full of fear, discomfort, and activity. That is too much stuff. It is hard to get around as we should with the weight of all of this baggage. We need to learn to travel light. Jesus invites us who are weary to lay down the heavy load. We are invited to rest in Him. We are invited to rely on His strength. Traveling light means trusting God with the burdens you were never intended to haul around.

God wants to use you. But how can God use you if you are far too busy and exhausted? How can you help and minister to others if your arms are full of burdensome baggage?

God knew that we would tend to get “self-reliant” In fact he knew that we would at times actually take pride in proving to others how much baggage we could carry around with us. However, that is unhealthy. You can get hurt carrying heavy stuff around all by yourself. It can also cause damage to your soul. Jesus invites us to come to Him and find rest.

Surrender and lay your worldly burdens down at the foot of the cross. Travel light and succumb to God's love. It will be a huge benefit to you. It will be a blessing to you and to those you love. It will empower you to be able to more effectively love and serve our God.

Dear Lord, thank You for this amazing invitation that you offer, to give You the heavy baggage I've been carrying around that has burdened me so greatly. I choose now, by faith, to lay it down before you, asking your forgiveness for trying to go it alone. Letting go brings me peace. In Jesus' Name, Amen.