



Burden Bearing

Recently a pastor, explaining the concept of burden to his congregation, raised a glass of liquid and asked,

“How heavy is this glass of water?”

Answers ranged from 4 to 8 ounces.

The pastor replied, “The absolute weight doesn’t matter. It depends on how long you try to hold it. If I hold it for a minute, there’s no problem. If I hold it for an hour, I’ll have an ache in my right arm. If I hold it all day, you’ll have to call an ambulance!

“In each case, it’s the same weight, but the longer I hold it, the heavier it becomes.”

That’s the way it is with burdens. If we carry the problems of life all the time, sooner or later, as the burden increases, we won’t be able to carry on. As with the glass of water, you have to put it down for a while and rest; then you can pick it up again and carry on.

So before you get busy with the affairs of today, put your burdens in God’s hand.

Life is short; give your burdens to the One who can hold them.

This is Stephen Chitty, pastor of Christian Life. Remember, *Life Matters*, and so do you.

Galatians 6:6-10

Anyone who receives instruction in the word must share all good things with his instructor.

Do not be deceived: God cannot be mocked. A man reaps what he sows.

The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.