

Devotional: He Daily Bears Our Burdens

Christian Devotion on God bearing our burdens, day by day

Blessed be the Lord, who bears our burden day by day, The God who is our salvation! - Psalm 68:19. - Psalm 68:19 (AMP)

This Scripture is a reminder that we do not need to carry our burdens. In fact, God does not want us to carry them and invites us to come to Him and rest, putting on His yoke, which is easy to bear—and putting off the weight of our burdens, which trip us up (Mat.11:28-29; Heb.12:1).

God can't daily bear our burdens if we refuse to release them to Him. It's actually up to us to "give Him our burdens". He doesn't automatically take them off us, we have to surrender them to Him. Many Scriptures in the Bible speak of "putting off" and "putting on". We "put off" negative thinking and "put on" godly thinking (Phil.4:8); the spirit of heaviness is "put off" when we "put on" the garment of praise (Is.61:3); we "put off" any traits of our "old nature" and "put on" the characteristics of our "new nature". By doing this, we are putting off the heavy yoke of sin, struggle or weakness, and we're yoking ourselves to Jesus, walking in step with Him with an easy load to bear. But God can only bear what we give Him!

We need to pause and consider if there might be unnecessary weight that we're dragging around with us. Life is so much harder when we're attached to a ball and chain, slowing us down and wearing us out—totally unnecessary! It's time to unshackle ourselves from the excess weight of our struggles, failings, regrets, weaknesses—or even sin—and give it all over to Jesus, for He has already borne it all on the cross. We just need to let it go, then we will find our rest in Him. We need to let Him take care of what we can't so He can lead us into the answers to our prayers and the victory that is ours in Christ Jesus.

Life shouldn't feel so hard for us that it's a chore to drag ourselves out of bed each morning only to wish, throughout the day, that night would soon come so we can drag ourselves back to bed again, relieved to be done with another day. That is not the life in abundance that God wants and plans for us to have. There's no 'joy' in living that way.

Just take a moment, right now, and make a choice to be done with that way of living and surrender all your cares and burdens to God. Give Him your burdens, your griefs, your sorrows, your hurts, your struggles, your weaknesses and any addictions you may be battling with or the sin that tries to ensnare and entangle you—put it all off and surrender it to Jesus. Invite the Holy Spirit into those areas of struggle so He can do His work within you, cleansing, healing and delivering you. Invite His peace and joy to flood your soul and thank Him, giving Him praise for who He is and for all He is doing in your life.

He bears our burdens so that we don't have to.

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Additional Scriptures: Psalm 55:22 (AMP); Matthew 11:28-30 (AMP); Philippians 4:6-7 (AMP)
1 Peter 5:7 (AMP); Isaiah 46:4 (AMP); 2 Corinthians 12:9 (AMP); Isaiah 40:11 (AMP); Psalm 91:11-12 (AMP)

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