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**“Now I will take the load from your shoulders; I will free your hands from their heavy tasks.
Psalm 81:6 (NLT)**

Thought for today...

I enjoy watching home improvement programmes, seeing dilapidated buildings transformed into beautiful living spaces.

Often, home owners are given startling news concerning the project they are embarking on, sometimes learning that they are fortunate that the building has not collapsed, given that the load bearing support beams are not fit for purpose.

The remedy (they are told), is to fit a rolled steel joist (RSJ) beam - a structural steel product that is made to support heavy loads.

Growing up in church, I often heard people say that Jesus is a ‘burden bearer and a heavy load sharer.’



In Matthew 11:28, we read how those gathered to hear Jesus speak were given an invitation that remains open to anyone willing to accept it today: **“Come to Me, all you who labor and are heavy laden, and I will give you rest.”(NKJV).**

King David testifies that Jesus is a burden bearer and a heavy load sharer. In one of the Psalms penned by him he says: **“Cast your burden on the LORD, and He shall sustain you; He shall never permit the righteous to be moved.”** Psalm 55:22 (NKJV).

Peter the Apostle advises: **“Give all your worries and cares to God, for He cares about you.”** 1 Peter 5:7 (New Living Translation).

Right now, you may feel unable to take another step, fearing that you will collapse under the load you are carrying as it is too heavy for you to bear. Whatever the burden - be it physical, emotional or spiritual - the Word from the Lord is: **“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”** Isaiah 41:10 (English Standard Version).

King David reminds us that: **‘The LORD upholds all who fall, and raises up all who are bowed down.’** Psalm 145:14 (NKJV).

The promises from the Lord are not simply a remedy for our current situation, but rather, they transcend the trouble that we are facing today. To those willing to put their trust in Him, He has further promised: **“Even to your old age I am He, and even to gray**

hairs I will carry you! I have made, and I will bear; even I will carry, and will deliver you.” Isaiah 46:4 (NKJV).



The good news is that there is no weight too heavy for Him to bear. His mighty and outstretched hand is stronger than any RSJ! He is both willing and able to carry our load; all we have to do is ask.