

5th July Walk

May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.

As you begin, consider the things that you might need for your walk.

- What have you brought with you?
- What is the heaviest thing that you have ever carried?
- How far did you carry it?
- Why were you carrying it?

Read Matthew 11:28-30

First from New Revised Standard Version

28 “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. **29** Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. **30** For my yoke is easy, and my burden is light.”

Now from The Message Bible

28-30 “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

- Which one do you prefer?
- Why might this be?

This passage comes from a section of Matthew’s gospel that has been considering how difficult it can be to follow God’s call, not just for the disciples, but also for people like John the Baptist- Jesus’ cousin, who was meant to get prepare people for the coming of the Messiah, Saviour- Jesus. Jesus has been saying that people don’t want to listen to God’s messengers, it is hard and we can sometimes take on too many things that weigh us down. There are burdens to carry, but they shouldn’t be things that trip us up or get in the way, causing us to be always looking at our feet and not at the glory of God all around us.

- What burdens are you carrying that are weighing you down?
- Can you put them down?

Take a minute to sit on your walk. If you are carrying things with you, take them off. Lay them out in front of you. What do they represent to you? Feel the lightness of not having to carry these things.

As you pick them back up again, ask God to help lighten your load, giving you rest and life.

Activity:

Take some time to rest. Switch off your phone and take time away from the business of life. Spend some quality time reflecting on Matthew 11:28-30.