

## Lighten Up The Load

### Description

[RG AUDIO 050215](#)

Matthew 11:25-30

Anticipation and excitement filled the air; we were going on our first trip to the beach with our five children and our new (used) pop-up camper. With four bicycles attached to a rack on the bumper of the trailer, we loaded down the inside with food, drinks, and gear for a family of seven. Motoring down the highway, the trailer began to occasionally sway. About one hour into the trip we had a flat tire. Another hour or so down the road, we had another flat tire. I was new to this and did not realize that we had to lighten the load. To say the least, our return trip was a breeze.

In the midst of His healing ministry, the religious leaders hounded Christ with the heavy yoke of their scribal teaching on the Law and its demands. Trying to motor down their highway of life was burdensome for believers. In this context, Jesus gave a timeless invitation to lighten up the load; “Take my yoke (His teaching) upon you and learn from me . . . and you will find rest for your souls” (Matt. 11:29, emphasis added). Carrying heavy burdens? It’s time to lighten the load (1 Peter 5:7).

Author: Stephen M. Long

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