



RCC Phoenix – 7.10.22 – Weight

Matthew 11:28 “Come to me, all you who are weary and burdened, 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.”

What does the word “weight” mean?

1. A body's relative mass or the quantity of matter contained by it,
2. A piece of metal known to weigh a definite amount and used on scales to determine how heavy an object
3. To hold something down by placing a heavy object on it
4. To attach importance or value to something

The world is designed by its very nature to add weight to our lives. As we grow in life, experience, relationships, and achievements our proverbial backpack of life gets heavier and heavier with more weight and more responsibility. But what are the things that add more weight to our lives?

1. Relationships
2. Finances
3. Responsibility
4. Careers
5. Unintended circumstances
6. Social pressures

Despite our best efforts, weight is constantly being added to our lives. Sometimes our lives have very little weight, and we get quite comfortable carrying the weight on our own, however as we get comfortable life will inevitably drop a weight on us that is much more substantial. As much as we may want to ignore the burden, someone must carry it.

It would be silly for us to think that we could just keep piling weight upon ourselves without our bodies eventually buckling under all the pressure and being crushed. We must share our load with others and not be embarrassed to do so.

Galatians 6: 2 Bear one another's burdens, and so fulfill the law of Christ. **3** For if anyone thinks himself to be something, when he is nothing, he deceives himself.

Why do we not share our burdens with others? Why are we so slow to place our heaviest challenges on God? Why are we quick to hide from others the things that we need help carrying?

1. Ignorance
2. Embarrassment
3. Pride

King David, one of the most faithful men ever recorded in scripture, struggled with these very things. It wasn't until he was confronted with his own burdens that he took ownership of them and passed them on to God.

2nd Samuel 12: 1 The Lord sent Nathan to David. When he came to him, he said, "There were two men in a certain town, one rich and the other poor. **2** The rich man had a very large number of sheep and cattle, **3** but the poor man had nothing except one little ewe lamb he had bought. He raised it, and it grew up with him and his children. It shared his food, drank from his cup, and even slept in his arms. It was like a daughter to him. **4** "Now a traveler came to the rich man, but the rich man refrained from taking one of his own sheep or cattle to prepare a meal for the traveler who had come to him. Instead, he took the ewe lamb that belonged to the poor man and prepared it for the one who had come to him." **5** David burned with anger against the man and said to Nathan, "As surely as the Lord lives, the man who did this must die! **6** He must pay for that lamb four times over, because he did such a thing and had no pity." **7** Then Nathan said to David, "You are the man! This is what the Lord, the God of Israel, says: 'I anointed you king over Israel, and I delivered you from the hand of Saul. **8** I gave your master's house to you, and your master's wives into your arms. I gave you all Israel and Judah. And if all this had been too little, I would have given you even more. **9** Why did you despise the word of the Lord by doing what is evil in his eyes?....

13 Then David said to Nathan, "I have sinned against the Lord." Nathan replied, "The Lord has taken away your sin. You are not going to die. **14** But because by doing this you have shown utter contempt for **[a]** the Lord, the son born to you will die." **15** After Nathan had gone home, the Lord struck the child that Uriah's wife had borne to David, and he became ill. **16** David pleaded with God for the child. He fasted and spent the nights lying in sackcloth **[b]** on the ground. **17** The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them. **18** On the seventh day the child died. David's attendants were afraid to tell him that the child was dead, for they thought, "While the child was still living, he wouldn't listen to us when we spoke to him. How can we now tell him the child is dead? He may do something desperate." **19** David noticed that his attendants were whispering among themselves, and he realized the child was dead. "Is the child dead?" he asked. "Yes," they replied, "he is dead." **20** Then David got up from the ground. After he had washed, put on lotions and changed his clothes, he went into the house of the Lord and

worshiped. Then he went to his own house, and at his request, they served him food, and he ate. 21 His attendants asked him, "Why are you acting this way? While the child was alive, you fasted and wept, but now that the child is dead, you get up and eat!" 22 He answered, "While the child was still alive, I fasted and wept. I thought, 'Who knows? The Lord may be gracious to me and let the child live.' 23 But now that he is dead, why should I go on fasting? Can I bring him back again? I will go to him, but he will not return to me."

There is relief in losing weight spiritually. David Was too prideful to admit he had made a mistake and instead chose to cover up his guilt by having someone killed. Ignorant of the fact that he had done something heinous in the eyes of God, Nathaniel had to show him creating even more burden of guilt and now costing the life of his son. But, he placed that burden back on God by repenting and in turn, God took that weight and replaced it with joy by giving him another child.

1 Peter 5:6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you.

The term "carrying the weight of the world on your shoulders," comes from Greek mythology where the fictional god Atlas carried the sky on his shoulders crushing him below as he eagerly waited for someone to lift the burden. We can easily feel ourselves being crushed by the weight of our own burdens. As believers, we literally have someone that is able to carry the weight of the world for us, our lord and savior.

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As believers, we are like a balloon trying our hardest to lift ourselves upward toward the heavens but anxiety, depression, financial struggles, relationship worries, and unforeseen circumstances act as a weight on the end of our string tethering us to the world. When we act as David and fall on our faces in prayer, boldly giving our burdens to God and asking our brothers and sisters to help us carry the weight of this world, we can sever that string and allow ourselves the most beautiful ascension into our father's arms and the peace of Heaven.