

**Psalm 55:22, “Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.”**



To remember the reference, think about how in our foolishness we carry our burdens with our own hands. That’s two hands, each with five fingers – The chapter 55.

We walk day by day carrying those burdens. Imagine our two feet walking and walking and walking as our two hands carry the heavy load, that’s two feet and two hands needlessly overburdened – The verse 22.

Matthew 11:28-30, “Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.”



God doesn’t say let me carry the heavy load and you do nothing. God still calls us to take his yoke upon us, to continuing working for Him. But His yoke will make our hearts no longer heavy. Instead of seeing mountains of impossibilities, we see potential through God’s eyes. Instead of our hearts singing songs of doom and despair, we sing songs of complete trust in the Lord.