



What's your burden?

"Come with me by yourselves to a quiet place and get some rest."
Mark 6:31

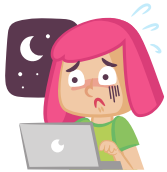


THINK ABOUT WHAT'S GOING ON IN YOUR LIFE AT THIS MOMENT:
WHAT 5 THINGS ARE TOP OF YOUR TO-DO LIST?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



IS THERE ANYTHING IN LIFE THAT'S REALLY STRESSFUL FOR YOU RIGHT NOW? SOMETHING YOU'RE STRUGGLING WITH?



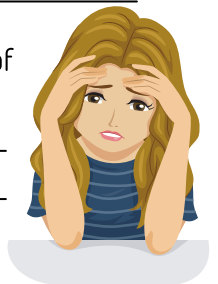
Is this something that's a reality now, or something you're worried might happen in the future?

THERE'S A LOT OF WISDOM IN NOT WORRYING ABOUT THINGS THAT HAVEN'T HAPPENED YET - BUT OFTEN WE'RE CARRYING REAL BURDENS THAT WE HAVE TO GO THROUGH TOO, WORK THAT'S DIFFICULT THAT WE HAVE TO GET DONE. WATCH FR MIKE SCHMITZ' VIDEO: "WHAT'S YOUR BURDEN?" WHICH LOOKS AT HOW WE CARRY OUR BURDENS.



Explain in your own words what CS Lewis meant by: **"It's not the load that breaks you, but the way you carry it."**

Fr Mike talks about the **"work behind the work"**, the **"burden beneath the burden"**. Why does fear of failure, or fear of what others may think about us, amplify the burden we're carrying, do you think?



Fr Mike goes on to talk about resentment as another **"burden beneath the burden"**. How does he recommend we deal with the reality of our burdens without giving in to resentment?



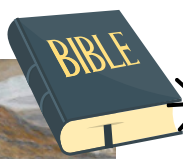
If we equate ourselves with our work or the tasks we do, it means that if we fail, then we are a _____, if people praise me then I see myself as _____, or if people like what I do then I think I'm _____.



KEY POINT! OUR IDENTITY IS SO MUCH MORE THAN OUR WORK, OUR SUCCESS, OUR FAILURE: OUR IDENTITY COMES FROM BEING A BELOVED SON OR DAUGHTER OF GOD.



What's your burden?



Now read Mark 6:30-34

What can this Gospel passage teach us about dealing with weariness and burdens?



James Tissot, Public domain, via Wikimedia Commons

Jesus knew His disciples better than they knew themselves. He knew the successes and failures of their mission, He knew their weariness and struggles and their hopes for the future. His response was to draw them to Himself so they could renew their hearts, their minds and their energy again.

Imagine yourself in a quiet place with Jesus, listening to His gentle voice calming your worries. Tell Him what's going on in your heart, what burdens you are carrying, the fears or the resentment that are creating a "burden beneath the burden" for you. Be honest with Him - our struggles are real, but so is Jesus.

Then listen, and allow Him to speak to your heart too. Heart speaks to heart. Rest - listen - learn.

AFTER YOUR TIME OF REFLECTION / PRAYER, CAN YOU THINK OF ANY CHANGES YOU CAN MAKE IN HOW YOU CARRY YOUR BURDENS?

MAYBE YOU NEED TO TALK TO SOMEONE ABOUT WHAT'S GOING ON IN YOUR LIFE TOO - DON'T BE AFRAID TO REACH OUT FOR HELP.



A Prayer for the Week Ahead: Lord, show me what I need to focus on this week. Help me to accept the reality of the work I have to do, even if it is difficult; strengthen me to bear the tragedy and struggles in my life, even though they are painful. Help me to live in the reality of my situation, and to carry everything without resentment or fear, knowing that my worth, my identity comes from You and the love You have for me. Help me to see the blessings in each and every day too. Let all I do be for an audience of One, for my Heavenly Father.



CREATE A PLAYLIST TO LISTEN TO AS YOU REST AND WORK ON HOW YOU CARRY YOUR BURDENS



- [Teach me to be still \(Micah Tyler\)](#)
- [The More I Seek You \(Kari Jobe\)](#)
- [It is well with my soul \(A Assad\)](#)
- [God I look to you \(Francesca Battistelli\)](#)
- [Alone with God \(Instrumental Worship\)](#)
- [Carry you \(Amy Grant\)](#)
- [Be Still my Soul \(A Assad\)](#)
- [Here \(Kari Jobe\)](#)

Click the links for the YouTube videos to listen to some suggestions!

