

*A Thought  
for the Day*

# *Put Your Full Weight on God*

## *The Bible says:*

"GIVE YOUR BURDENS TO THE LORD, AND HE WILL TAKE CARE OF YOU. HE WILL NOT PERMIT THE GODLY TO SLIP AND FALL" (PSALM 55:22 NLT).

## *Think on this:*

GOD LOVES TO HELP YOU CARRY YOUR BURDENS. A BURDEN CAN BE ANYTHING THAT WEIGHS HEAVILY ON YOUR HEART OR MIND, OR CAUSES YOU TO WORRY OR BECOME ANXIOUS. FOR EXAMPLE, FEELING WORRIED ABOUT AN UNKIND WORD THAT WAS SAID, ANXIETY ABOUT AN UPCOMING TEST, OR FACING SOMETHING THAT YOU SECRETLY DREAD.

JESUS WANTS TO CARRY IT ALL FOR YOU! HE WANTS YOU TO LEAN FULLY ON HIM AS YOU GO ABOUT YOUR DAY, PUTTING YOUR FULL WEIGHT ON HIM, SO THAT HE IS THE ONE CARRYING YOUR LOAD.

NEXT TIME YOU FEEL WORRIED OR ANXIOUS, TRY PICTURING JESUS TAKING THINGS OVER FOR YOU. PRAY AND ASK FOR HIS HELP, AND THEN GO FORWARD KNOWING THAT HE IS IN CONTROL.

