



The Kingdom Perspective

Humility and the Burden of Self

Hello this is Pastor Don of Christ Redeemer Church. Welcome to The Kingdom Perspective.

Are you stressed out? Feeling overwhelmed by *all* your responsibilities? Does it feel like the world's going to fall apart if *you* don't hold it all together?

Or perhaps, it's not so much that you're *stressed out* as you feel *left out*. You feel hurt—forgotten, unrecognized, or underappreciated.

Or perhaps you are feeling judged? Scrutinized and looked down upon all the time! When you walk in a room, it feels like everyone is looking at you and judging you.

Now, I suppose, it's possible that your feelings could have some truth to them.

There are things you need to get done.

There are times when people will leave you out, and perhaps even intentionally so.

And there may also be times when people judge you and look down on you.

But often, I find the issue is not really, objectively, “out there”, but rather subjectively in my heart. It's a matter of an inflated self-importance—an ego that over-estimates itself. If it spoke candidly, it would say something like this:

“Everything depends on me!”

“I deserve to be the center! The first thought on everyone's mind!”

“If I just work hard enough, I can rise above any possible critique.”

Such a false pride assumes that the world revolves around me, and this reveals a radical idolatry of self.

Now, the only remedy to this miserable burden is humility. A heart without humility is a heavy and unhappy heart. It takes itself all too seriously.

That's why Jesus invites us to be like Him, to take on His “burden” which is light, for He is gentle and humble of heart. And in Him we find rest/shalom for our self-obsessed souls.

Something to think about from The Kingdom Perspective.

“At that time Jesus declared, ‘I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.’”

~Matthew 11:25-30 (ESV)

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