

**Day 4 - Thursday, January 13, 2022**

Matthew 11:28 (NLT)

*"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."*

What are you carrying? All of us are carrying "stuff". Baggage, burdens, breakups, babies, we all have things we are holding onto and carrying. I remember when I was younger, I loved to help carry the groceries in for my mom. I had two goals. The first was to carry the milk in by myself. As a young boy this was a great accomplishment. If I could carry the milk in, I knew I could conquer any giant. My second goal was to get all the bags in one trip. I would put bags on my arms, carry two to three bags on each finger. So many bags that the circulation to my hands, arms, and fingers was compromised. I had limited time to accomplish the goal and more times than not, I DID!

However as I got older the items I was required to carry grew heavier and heavier. Recently we replaced part of our fireplace. In doing so we needed to place a large stone for the hearth. When I say large stone, I mean 500 plus pounds of one rock. I had aspirations of putting the stone on my back right off the truck and carrying it into the house for the perfect placement. The stone arrived and a reality check came with it. There was no way I was going to carry this by myself. So, I called in some help. In fact, it took 8 guys to move the stone into place.

What a picture of our life. Like I said earlier we all carry stuff. Maybe it feels like the milk and groceries or maybe it feels like a 500+ pound stone. Regardless God promises to carry all of your burdens. You don't have to hold onto burdens whatever their size. In fact, not only will He carry them...He will also give you rest.

I call this a double for your trouble promise. Jesus will carry your burdens and He will also give you rest. Grab hold of this double promise today!

**Today's Promise: God promises to carry my burdens and give me rest!**