Protestant Devotion by Ch Joa Yu on Jun 7, 2020

Matthew 11:28-30 NASB

28 “Come to Me, all who are weary and heavy-laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light.”

I have heard an expression that said, “Life is like a roller-coaster.” For me, riding on a roller-coaster is not fun, especially the ones that go upside down and the ones with a big drop. The idea is that the roller coaster’s ups and downs, twists and turns, and upside-downs make my stomach turn. But then again, we go through life in a similar way: we go up and down, we turn and twist, and we go upside down before the end of our life. Some days we are up in our spirit and some days we are down. There are times that the path we take will take a turn into something we don’t expect and there are days that our worlds are turned upside down.

In 2020, we have already experienced the twist and turn. We are all experiencing the effect of the virus directly and indirectly (sick, stay at home, loss of job, etc.) additionally we are experiencing civil unrest across the country. This feels heavy and burdensome.

The passage above was spoken by Jesus and He gave His disciples the assurance that when things get heavy, He is there for them. Jesus had shared many times that those who follow Him will have hardship, but they are not alone. This is a promise from Jesus that when things get tough, go to Him. He used the image of two oxen hitched together with a yoke. The two oxen share the load of the cart as they go on their journey. But when training a new ox, it will be paired with an elder ox. The elder ox will teach the younger ox how to walk straight and set the pace to carry the load. The young ox will want to wander and try to walk side to side which creates a heavy load for the partner ox. As the elder ox is training the younger ox, it carries the heavy load of the yoke and allows the younger ox to figure out how to walk with a yoke and with a partner.

In this principle, Jesus will carry your burden while you live your life. He will bear the weight and make it light for you and allow you to rest. In a way, it will allow you to breathe even when the world around you is crashing down. You can share your burden with Jesus and He will make it light for you until you are rested. He is by your side, He is your partner, and He is setting the pace for you. Life is hard, but we are not alone. Go to Jesus, for His yoke is easy and His burden is light. He can carry the load as long as you need it.

Here are somethings you can do when life seems too much.

* Pray to God, study His words
* Find a trusted friend to talk about the issue
* Talk with a chaplain or a counselor
* Know that you are not alone

What are some things you are carrying that are heavy? What do you need to unload? Is there something that someone can help you with?

If you are experiencing hardship during this time, we as a chaplain corps are here for you. Whether you practice faith or not, we are here for your wellbeing.

Chaplain Wilson Joa Yu