

Meditation - Sunday 5th July 2020

How heavy are your burdens?

Readings: Romans 7:15-25a & Matthew 11:25-30

I wonder what springs to mind as you heard those readings?

I wonder whether you are still trying to get your head round the sentences in Romans which you have to read a few times to get what Paul is saying, I wonder if you're caught with the great beauty of the relationship between the Father and the Son?

The lectionary, the pattern of readings set for the Church, which we are following in our services is giving us some beautifully rich readings at the moment. Over the last week I've pondered these readings, wondered what to say, tried to connect them with the great addresses of the new President and Vice President of the Methodist Conference last weekend. However each time I've sat with the words I've been drawn back to those familiar and hope filled words at the end of the Gospel reading.

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 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. For my yoke is easy, and my burden is light."

Words which seem to speak so much to us as we live in lockdown, as we live in a time of pandemic. *Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.* So having been drawn again and again to these words they are the ones I want to focus on today, these are the words I want to let soak into and bless us. These are the words I believe God wants to speak to us through. They are rich and hope filled words of scripture and I want to let them speak to us and don't want to add too many of my own words to them. Rather than a long reflection or sermon I want to offer a meditation today which will help the words to rest on us, to speak to us and to stay with us into the week ahead.

I invite you therefore to look around where you are sat and pick up something heavy, heavy but small enough to hold or you might want to make a quick dash to get something you know is heavy in a different part of the house!

Let's be still as we come to God's word.

How heavy are your burdens? How heavy do they feel in your heart?

How heavy are your burdens? How heavy do they feel in your mind?

How heavy are your burdens? How heavy do they feel in your soul?

How heavy are your burdens? How heavy do they feel in your hands?

What are your burdens? What do they look like?

What are your burdens? What do they feel like?

What are your burdens? What do they smell like?

What are your burdens? What do they taste like?

What are your burdens? What do they sound like?

Are they burdens from coronavirus and lockdown?

Are they burdens from loneliness or sadness?

Are they burdens from something deep within?

Are they burdens from illness or frailty?

Are they burdens which you cannot name or understand?

I find somewhere within we all have burdens?

There is always something that we are carrying?

Our burdens might be something that has become heavy very recently

Our burdens might be something that has been with us for many many years

They are heavy in our heart, heavy in our heart like the heaviness in our hands right now.

What do we do with them though? That's the question.

Do we share them or keep them to ourselves?

Do we try and solve them or just let them be?

Do we walk head on into them or do we find away around them?

What do we do with our burdens? That's the question?

Silence

What does Jesus say?

What does Jesus know?

What can Jesus do?

Jesus knows we have burdens

Jesus knows what we are carrying
Jesus is the one who can give us rest

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.

But what does that mean?

How can we find that rest?

What does rest even look like?

My burdens are heavy, we're living in lockdown, there is a pandemic going on

How can I possibly find rest?

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 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. For my yoke is easy, and my burden is light.”

Take my yoke upon on you?

Jesus don't you know I have enough to carry?

How can I carry your yoke?

What even is a yoke?

A yoke, we all have yokes

Yoke's were heavy bars that held two oxen together

Yoke's were the temptations to sin that St Paul speaks about

Yoke's are the rules and the laws that we seek to follow

Yoke's are the patters of life that call us away to God and to the ways of the world

Yoke's are heavy, yoke's are difficult, yoke's make burdens even heavier

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. For my yoke is easy, and my burden is light.”

Jesus, do you want me to carry even more?

I've got all these heavy burdens, yoke's and now you want to me carry yours as well?

No my child, my beloved child, I want you to put the rest down

I want you to lay down everything that you seeking to conform to

I want you to take off the rules and expectations you are carrying

I want you to stop worrying about the rules, the law, the way you think things should be

Take it all off, lay it all down and pick up just my yoke
For my yoke is easy, and my burden is light.

My yoke is love, joy, peace, patience, kindness

My yoke is forgiving and freeing

My yoke brings hope not fear, peace not worry

My yoke carries all things so that you do not need to

For my yoke is easy, and my burden is light.

Silence

They are invitations of course?

Come to me, take my yoke upon you?

They are invitations from Jesus?

Invitations from the Son who knows the Father,
and the Father who knows the Son.

They are invitations from the Son,
who wants us to know the father.

Invitations so we can know God,
and God's way of freeing love.

But invitations have to be accepted,
there needs to be an RSVP.

The question is do we want to accept?

Do we want to respond?

Do we want to come to Jesus with our burdens?

Do we want to put down our yoke and take his on?

Or would we prefer to hold on to what we know,
what we are experiencing?

Do we prefer the heavy burdens we know
to the unknown yoke of Jesus, however attractive it is?

Come to me, take my yoke upon you?

Invitations, invitations from Jesus?

What do you want to say to Jesus this morning?

What do you want to do with the burdens in your hand?

What do you want to do the with burdens in your heart and mind?

Today, Jesus offers you an invitation?

An invitation to come to him,

To take his yoke upon you?

Why not take it?

Why not accept Jesus' invitation?

If you'd like to accept it

Set down the heavy burdens in your hand? Place the object on the floor or behind the chair.
Set down your the heavy burdens in your heart and mind?

Now feel the yoke of Jesus?

Do you feel it?

It doesn't weigh a gram

Its lighter than a feather in your hand.

Yet it is with you, it is with you

it surrounds you, it enfolds you

In the deep deep love of Father

In the deep deep love of Jesus

In the deep deep love of the Holy Spirit

In the deep deep love of God

Whose yoke is easy, and burden is light.

Silence

Let us pray.

Lord Jesus,

we know that your yoke is easy and burden in light,

we thank you and praise you that you can hold all our burdens,

and all the burdens of the world.

If this morning we have taken your invitation

may those things we have placed in your hands stay in your hands,

may we hold onto your yoke which is so so light.

If this morning we have placed somethings into your hands,

but not been able to let go of everything

may your spirit within us encourage us to let go of the rest

and truly know the joy of your light yoke.

If this morning we simply cannot let go of our burdens,

walk with us Lord Jesus,

keep reminding us that your yoke is easy and burden is light,

help us to discover how we can hand our burdens to you.

In your name we pray.

Amen.