



If It's Not Light, It's Not Right!

Jesus told us in **Matthew 11:28-30** "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me...For my yoke is easy and my burden is light."

Our burdens come from the past, present or future. Our past burdens are often filled with regret and guilt. The burdens of the future are full of fear and dread. Then there are today's burdens, the things we are facing head-on this day. Jesus told us that "Each day has enough trouble of its own" (**Matthew 6:34**). But he assured us that he would give us strength for each day.

The purpose of these cards is to help you begin to develop your own set of cards to address the burdens that you keep carrying around with you. So, use these and add your own to them, as you learn how to exchange your heavy burden for his light one. Remember, **If it's not light, it's not right!**



Mary Lowman, Founder & Speaker

Burdens from the past: Injustice

Proverbs 20:22 Do not say, "I'll pay you back for this wrong!" Wait for the LORD, and he will avenge you.

Matthew 5:43-44 "You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you..."



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Today's Burdens: Anxiety and Care

Psalm 55:22 Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.

1 Peter 5:7 Cast all your anxiety on him because he cares for you.

Jeremiah 29:11 "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

Burdens from the past: Abandonment

Psalm 9:10 Those who know your name trust in you, for you, LORD, have never forsaken those who seek you.

Psalm 27:10 Though my father and mother forsake me, the LORD will receive me.

Today's Burdens: Weariness and Stress

Galatians 6:9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Psalm 116:7 Return to your rest, my soul, for the Lord has been good to you.

Psalm 62:5 Yes, my soul, find rest in God; my hope comes from him.



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Burdens from the future: Financial Worries

Proverbs 13:11 *Dishonest money dwindles away, but he who gathers money little by little makes it grow.*

Philippians 4:19 *And my God will meet all your needs according to the riches of his glory in Christ Jesus.*

Burdens from the future: Fear of Failure

Psalm 37:23-24 *The LORD makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the LORD upholds him with his hand.*

Micah 7:8 *... Though I have fallen, I will rise Though I sit in darkness, the LORD will be my light.*



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