

Hope

with Heidi

WHAT ARE YOU CARRYING?

While putting our son to bed, we often chat about the day's events. For some reason he seems to share more at this time! There was this particular circumstance that seemed to trouble him and the more he talked about it I could see it was really beginning to weigh him down.

So, we stopped talking and did this little routine that has become a saving grace for us....

When the world starts weighing on our shoulders' we put our hands up to them, and imagine taking whatever is on our shoulders, whatever is burdening us and then placing it on the shoulders of the Lord.

This small act brings peace and comfort to our son as he knows he doesn't have to carry the circumstances of the day...the Lord can now. And it's much better on His shoulders than ours!

I remember a story a lecturer in college shared - asking the weight of a small glass of water he was holding up.

The students tried to guess the weight, but he replies with "the weight actually doesn't matter' – it's how long you carry it!" Hold it for 1 minute its fine, but if you held it up for over an hour or more - you will start to feel some pain!

What a great reminder that we were never designed to carry anything that weighs us down for any length of time.

We may not be able to run away from our problems or pretend they don't exist. But we can refuse to be burdened down by them and instead turn to the God of all grace who tells us to pour out all our worries and stress upon him *and leave them there.*

Heidi ♡