

Cast Thy Burden upon the Lord

**Cast thy burden upon the Lord, and he shall sustain thee:
he shall never suffer the righteous to be moved.**

Psalm 55:22. {UL 211.1}

Dear Brother: I have the most tender love for you and would that it were otherwise with you; that those pursuing you would let you alone. But, my brother, **you must bear in mind that these perplexities and annoying things are included in the "all things" that work together for good to those who love God. The Lord's eye is upon you....** If you will keep up good courage, if you will stay your soul upon God, if you will trust your heavenly Father as a child trusts its parent, and deal justly and love mercy, God can and will work with you. Then amid all your trials you will honor God, and His promise is sure, "Them that honour me I will honour" (1 Samuel 2:30). {UL 211.2}

Remember that your experience is not the first of the kind. You know the history of Joseph and of Daniel. The Lord did not prevent the wicked plotting of their enemies, but He caused all their devices to work for good to those who kept their faith and loyalty amid trial and conflict. {UL 211.3}

The furnace fires are not to ... [destroy], but to refine, ennoble, sanctify. Without these trials we would not feel so much our need of God and His help. We would become proud and self-sufficient. In these trials I see evidence that the Lord's eye is upon you, and that He means to draw your heart to Himself. It is not the whole, but the wounded, who need a physician; those who are pressed almost beyond the point of endurance, who need a Helper. Turn unto the stronghold. Learn the precious lesson, "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light" (Matthew 11:28-30). {UL 211.4}

Jesus loves you. The experience which you are having makes me glad, not because you are a sufferer, but because this is evidence to me that the Lord is testing and proving you to see if you will come to Him, to see if you will put your trust in Him if you will find peace and rest in His love.... {UL 211.5}

Jesus has not left you to be surprised and amazed at the trials and difficulties you meet. He has told you all about them, and He has also told you that you should not be cast down and oppressed when trials come. You are to look to Jesus, your Redeemer, and be cheerful and rejoice.... We have a living Saviour, who so loved us that He died for us, that through Him we might have hope, strength, and courage, and a seat with Him upon His throne. —[Letter 8, July 16, 1886](#), to Dr. J. H. Kellogg, director of Battle Creek Sanitarium. {UL 21

Devotional Book: *The Upward Look*

Written by Ellen G. White

Wednesday, January 6, 2020

BURDENS ARE LIFTED AT CALVARY

Days are filled with sorrow
Days are filled with sorrow and care
Hearts are lonely and drear
Burdens are lifted at Calvary
Jesus is very near

Burdens are lifted at Calvary
Calvary, Calvary
Burdens are lifted at Calvary
Jesus is very near

Troubled soul, the Savior can see
Every heartache and tear
Burdens are lifted at Calvary
Jesus is very near

Burdens are lifted at Calvary
Calvary, Calvary
Burdens are lifted at Calvary
Jesus is very near

Burdens are lifted at Calvary
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What Does it Mean to Pray without Ceasing?



Sandwiched between Pharaoh's army and the Red Sea, the children of Israel found themselves in a situation they could not control. Filled with the fear of certain death they began to complain and doubt rather than pray.

It is here Moses, who was God's mouthpiece to the children of Israel, spoke words that we too must speak to ourselves when surrounded by life's difficulties:

And Moses said into the people, "Fear ye not, stand still, and see the salvation of the LORD, which He will shew to you to day: for the Egyptians whom ye have seen to day, ye shall see them again no more for ever."

Like Moses, we must place our eternal hope in God and not ourselves. I believe this is why we are told in **1 Thessalonians 5:17** to "pray without ceasing" or to "pray continually".

What does it mean to pray continuously? Here are a few ways we can begin the spiritual discipline of praying without ceasing:

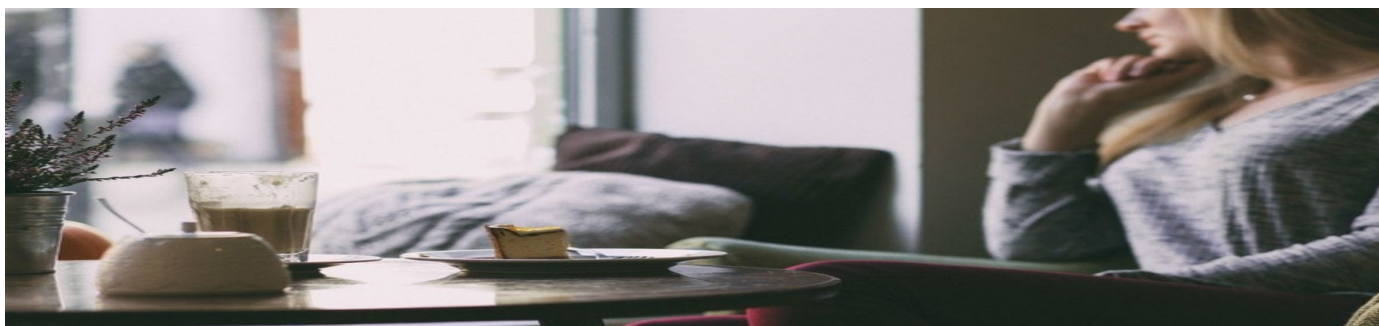


1. When We Pray without Ceasing, We Look First to God for Clarity, Not Ourselves or Others

As we consistently look to God in all things, our perspective begins to change. The question is no longer *how am I going to solve my problems* but *rather how is God going to display his might in my circumstance?*

Adopting this perspective means we must purpose to make prayer our number one go to in times of difficulty: trumping friends, spouses, books, our limited ability, and popular opinion.

The next time you're facing a challenging circumstance, be mindful of whether or not your first inclination is to go to God in prayer, or whether you're more often tempted to dwell on the problem or first talk it through with friends or family.



2. We Create Habits that Encourage Us to Pray Continually throughout the Day

As believers in Jesus Christ, we have been invited to engage in a never-ending dialogue with God. This conversation is not relegated to our knees, but it can take place wherever we are: the bathroom, the umpteenth visit to the kitchen sink, sitting in carpool line, in the midst of an argument, or as we walk in the park. We are not limited to audible words because scripture tells us “but the Spirit itself maketh intercession for us with groanings which cannot be uttered” in **Romans 8:26**. And when we find ourselves needlessly dwelling on problems in our brains the Bible reminds us that He knows our thoughts in **Psalms 139:2**.

This means in times of success, we pray. When we receive a terminal prognosis, we pray. In the face of adversity, we pray. As we wait on God, we pray. When we are fatigued, we pray. And In times of defeat, we pray. We will not wake up one day praying with this often in our days. This requires disciplined effort – building times in our day where we set aside time to pray. Maybe this is something you start before you get up, anytime you're in the car, when you do the dishes, and before you go to bed. Start small and build into a larger habit of daily prayer.

The beautiful thing is, the more we pray, we are often filled with joy from communion with our Father. This leads us to desire more prayer.



3. We Have Confidence that He is Always with Us and Listens to Our Unceasing Prayers

We can talk to God anytime and anywhere because he is omnipresent. **Matthew 28:20**, encourages us with this truth when Jesus tells His disciples, “lo, I am with you alway, *even* to the end of the world” Where we are God is also because lives in us as stated by **Galatians 2:20**. If you, like me have found yourself trying to solve all your problems, let us resolve to write a new narrative today. Choose to exchange the responsibility for fixing your dilemmas for the privilege of endless prayer with our Heavenly Father.

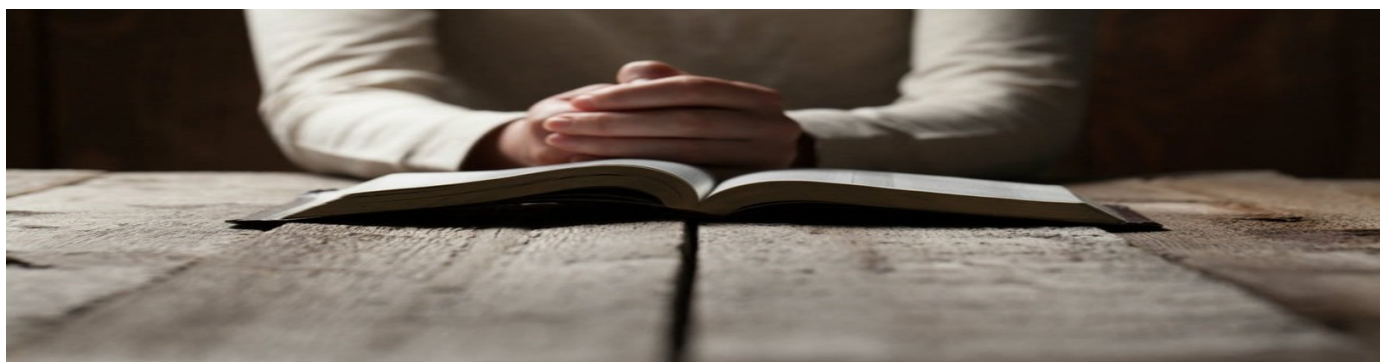


4. We Give Up the Belief that We Control Our Lives and Pray for His Will to Be Done

I am a self-reliant type: a problem solver whose natural inclination is to fix her own circumstances. Although I'm fully aware of **Proverbs 3:5-6** and it's urging to trust in the Lord, I habitually gravitate to my own understanding: deeming it better to lean and depend on finite knowledge and limited wisdom. It is my futile attempt at maintaining a semblance of control.

Life, however, is a very good reminder that I control nothing. Although I create endless to do list, record dates in my Google calendar, and spend large amounts of time tossing around solutions in my head, I am no match for the curve balls of life. I think this is by design.

God wants us to recognize our limitation and come humbly to him to satisfy our needs. As his children, God longs for us to make our requests known to him (**Philippians 4:6**). When we do this, we honor God's power and glory by letting him reign over our lives, accomplishing his purposes for us.



Bible Verses on Praying Without Ceasing or Praying Continually

“Rejoice evermore. **Pray without ceasing**, In everything give thanks; for this is the will of God in Christ Jesus concerning you.” - **1 Thessalonians 5:16-18**

Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints – **Ephesians 6:18**

Rejoice in hope, be patient in tribulation, continuing instant in prayer.
– **Romans 12:12**

Continuing in prayer and watch in the same with thanksgiving. – **Colossians 4:2**

By Him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to His name – **Hebrews 13:15**

Be careful for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. – **Philippians 4:6**

Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not. – **Jeremiah 33:3**

Seek the LORD and His strength; Seek His face continually. – **1 Chronicles 16:11**

And He spake a parable unto them *to this end*, that men ought always to pray, and not to faint. - **Luke 18:1**

CLOSING THOUGHTS

The furnace fires are not to ... [destroy], but to refine, ennoble, sanctify. Without these trials we would not feel so much our need of God and His help. We would become proud and self-sufficient. In these trials I see evidence that the Lord's eye is upon you, and that He means to draw your heart to Himself. It is not the whole, but the wounded, who need a physician; those who are pressed almost beyond the point of endurance, who need a Helper. Turn unto the stronghold. Learn the precious lesson, "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light" (Matthew 11:28-30)

CLOSING PRAYER

Jesus has not left you to be surprised and amazed at the trials and difficulties you meet. He has told you all about them, and He has also told you that you should not be cast down and oppressed when trials come. You are to look to Jesus, your Redeemer, and be cheerful and rejoice.... We have a living Saviour, who so loved us that He died for us, that through Him we might have hope, strength, and courage, and a seat with Him upon His throne. Father more of you and less of me continually, let this be my prayer. In Jesus precious name. Amen