

Wed Cast Burdens on Lord 2018 03 21

Cast your burdens on the Lord

Wednesday, March 21, 2018

- The Bible

1. Ps. 55:22

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

2. I Chron. 28:20 fear

20 fear not, nor be dismayed: for the LORD God, *even* my God, *will be* with thee; he will not fail thee, nor forsake thee, until thou hast finished all the work for the service of the house of the LORD.

3. I Cor. 12:27-31 ye

27 ye are the body of Christ, and members in particular.

28 And God hath set some in the church, first apostles, secondarily prophets, thirdly teachers, after that miracles, then gifts of healings, helps, governments, diversities of tongues.

29 *Are* all apostles? *are* all prophets? *are* all teachers? *are* all workers of miracles?

30 Have all the gifts of healing? do all speak with tongues? do all interpret?

31 But covet earnestly the best gifts: and yet shew I unto you a more excellent way.

4. Prov. 3:26

26 For the LORD shall be thy confidence, and shall keep thy foot from being taken.

5. Ex. 18:5 Jethro, 8, 10, 11 (to :), 13-26

5 Jethro, Moses' father in law, came with his sons and his wife unto Moses into the wilderness, where he encamped at the mount of God:

8 And Moses told his father in law all that the LORD had done unto Pharaoh and to the Egyptians for Israel's sake, *and* all the travail that had come upon them by the way, and *how* the LORD delivered them.

10 And Jethro said, Blessed *be* the LORD, who hath delivered you out of the hand of the Egyptians, and out of the hand of Pharaoh, who hath delivered the people from under the hand of the Egyptians.

11 Now I know that the LORD *is* greater than all gods:

13 ¶ And it came to pass on the morrow, that Moses sat to judge the people: and the people stood by Moses from the morning unto the evening.

14 And when Moses' father in law saw all that he did to the people, he said, What *is* this thing that thou doest to the people? why sittest thou thyself alone, and all the people stand by thee from morning unto even?

- 15 And Moses said unto his father in law, Because the people come unto me to inquire of God:
- 16 When they have a matter, they come unto me; and I judge between one and another, and I do make *them* know the statutes of God, and his laws.
- 17 And Moses' father in law said unto him, The thing that thou doest *is* not good.
- 18 Thou wilt surely wear away, both thou, and this people that *is* with thee: for this thing *is* too heavy for thee; thou art not able to perform it thyself alone.
- 19 Hearken now unto my voice, I will give thee counsel, and God shall be with thee: Be thou for the people to God-ward, that thou mayest bring the causes unto God:
- 20 And thou shalt teach them ordinances and laws, and shalt shew them the way wherein they must walk, and the work that they must do.
- 21 Moreover thou shalt provide out of all the people able men, such as fear God, men of truth, hating covetousness; and place *such* over them, *to be* rulers of thousands, *and* rulers of hundreds, rulers of fifties, and rulers of tens:
- 22 And let them judge the people at all seasons: and it shall be, *that* every great matter they shall bring unto thee, but every small matter they shall judge: so shall it be easier for thyself, and they shall bear *the burden* with thee.
- 23 If thou shalt do this thing, and God command thee *so*, then thou shalt be able to endure, and all this people shall also go to their place in peace.
- 24 So Moses hearkened to the voice of his father in law, and did all that he had said.
- 25 And Moses chose able men out of all Israel, and made them heads over the people, rulers of thousands, rulers of hundreds, rulers of fifties, and rulers of tens.
- 26 And they judged the people at all seasons: the hard causes they brought unto Moses, but every small matter they judged themselves.

6. Matt. 11:28-30

- 28 ¶ Come unto me, all *ye* that labour and are heavy laden, and I will give you rest.
- 29 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.
- 30 For my yoke *is* easy, and my burden is light.

7. John 14:10 3rd the father

- 10 the Father that dwelleth in me, he doeth the works.

8. Deut. 25:15 thou (to :)

15 thou shalt have a perfect and just weight, a perfect and just measure shalt thou have:

9. Heb. 12:1 let

1 let us lay aside every weight, and the sin which doth so easily beset *us*, and let us run with patience the race that is set before us,

10. Prov. 16:11 (to :)

11 A just weight and balance *are* the LORD's:

11. Prov. 11:1

1 A FALSE balance *is* abomination to the LORD: but a just weight *is* his delight.

12. Ps. 37:23

23 The steps of a *good* man are ordered by the LORD: and he delighteth in his way.

13. Heb. 10:35, 36

35 Cast not away therefore your confidence, which hath great recompence of reward.

36 For ye have need of patience, that, after ye have done the will of God, ye might receive the promise.

14. Col. 3:23 whatsoever, 24

23 whatsoever ye do, do *it* heartily, as to the Lord, and not unto men;

24 Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ.

15. II Cor. 8:7, 11-14

7 Therefore, as ye abound in every *thing*, *in* faith, and utterance, and knowledge, and *in* all diligence, and *in* your love to us, *see* that ye abound in this grace also.

11 Now therefore perform the doing *of it*; that as *there was* a readiness to will, so *there may be* a performance also out of that which ye have.

12 For if there be first a willing mind, *it is* accepted according to that a man hath, *and* not according to that he hath not.

13 For *I mean* not that other men be eased, and ye burdened:

14 But by an equality, *that* now at this time your abundance *may be a supply* for their want, that their abundance also may be *a supply* for your want: that there may be equality:

16. II Cor. 9:7, 8

- 7 Every man according as he purposeth in his heart, *so let him give*; not grudgingly, or of necessity: for God loveth a cheerful giver.
- 8 And God *is* able to make all grace abound toward you; that ye, always having all sufficiency in all *things*, may abound to every good work:

17. Gal. 6:9 let (to :)

- 9 let us not be weary in well-doing:

18. Ps 100:2 (to :)

- 2 Serve the LORD with gladness:

19. Isa. 26:3 (to :)

- 3 Thou wilt keep *him* in perfect peace, *whose mind is stayed on thee*:

- Science & Health with Key to the Scriptures by Mary Baker Eddy

1. SH 45:16 (only)

Glory be to God, and peace to the struggling hearts!

2. SH 119:25-1

In viewing the sunrise, one finds that it contradicts the evidence before the senses to believe that the earth is in motion and the sun at rest. As astronomy reverses the human perception of the movement of the solar system, so Christian Science reverses the seeming relation of Soul and body and makes body tributary to Mind. Thus it is with man, who is but the humble servant of the restful Mind, though it seems otherwise to finite sense.

The sun and Soul

3. SH 20:27-32

St. Paul wrote, "Let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us;" that is, let us put aside material self and sense, and seek the divine Principle and Science of all healing.

4. SH 155:21-25

The human mind acts more powerfully to offset the discords of matter and the ills of flesh, in proportion as it puts less weight into the material or fleshly scale and more weight into the spiritual scale.

5. SH 449:8 (only, to 2nd .)

Right adjusts the balance sooner or later.

6. SH 426:5-11

The discoverer of Christian Science finds the path less
6 difficult when she has the high goal always before her
thoughts, than when she counts her footsteps
in endeavoring to reach it. When the desti-
9 nation is desirable, expectation speeds our progress. The
struggle for Truth makes one strong instead of weak,
resting instead of wearying one.

Our footsteps
heavenward

7. SH 519:25-2

God rests in action. Imparting has not impoverished,
can never impoverish, the divine Mind. No
27 exhaustion follows the action of this Mind,
according to the apprehension of divine Science. The
520:1 highest and sweetest rest, even from a human standpoint,
is in holy work.

Resting in holy
work

8. SH 40:28

It is sad that the phrase *divine service*
has come so generally to mean public worship instead of
30 daily deeds.

9. SH 217:29-8

You say, "Toil fatigues me." But what is this *me*?
30 Is it muscle or mind? Which is tired and so speaks?
Without mind, could the muscles be tired? Do the
muscles talk, or do you talk for them? Matter is non-
218:1 intelligent. Mortal mind does the false talking, and that
which affirms weariness, made that weariness.

3 You do not say a wheel is fatigued; and yet the body
is as material as the wheel. If it were not for what the
human mind says of the body, the body, like
6 the inanimate wheel, would never be weary.
The consciousness of Truth rests us more than hours of
repose in unconsciousness.

Mind never
weary

10. SH 79:23-25, 27-3

The unscientific practitioner says: "You are ill. Your
24 brain is overtaxed, and you must rest. Your body is
weak, and it must be strengthened. Science objects to all this, contending for the rights of in-
27 telligence and asserting that Mind controls body and brain.

Mistaken
methods

Mind-science teaches that mortals need "not be weary
30 in well doing." It dissipates fatigue in doing
good. Giving does not impoverish us in the
service of our Maker, neither does withholding enrich us.
80:1 We have strength in proportion to our apprehension of
the truth, and our strength is not lessened by giving
3 utterance to truth.

Divine strength

11. SH 199:21-22

21 The devotion of thought to an honest achievement makes
the achievement possible.

12. SH 483:30-32

One must fulfil
one's mission without timidity or dissimulation, for to be
well done, the work must be done unselfishly.

13. SH 29:10

Great is the reward of self-sacrifice, though we
may never receive it in this world.

14. SH 8:28-30

We should examine ourselves and learn what is the
affection and purpose of the heart, for in this way
30 only can we learn what we honestly are.

Searching
the heart

15. SH 496:9-10 Ask

9 Ask yourself:
Am I living the life that approaches the supreme good?

16. SH 253:32-6, 10

The divine demand, "Be ye therefore perfect," is sci-
254:1 entific, and the human footsteps leading to perfection are
indispensable. Individuals are consistent who, watching
3 and praying, can "run, and not be weary; . . .
walk, and not faint," who gain good rapidly
and hold their position, or attain slowly and
6 yield not to discouragement. When we wait
patiently on God and seek Truth righteously, He directs
12 our path. Imperfect mortals grasp the ultimate of spir-
itual perfection slowly; but to *begin* aright and to con-
tinue the strife of demonstrating the great problem of
15 being, is doing much.

Patience and
final perfection

17. SH 22:11

"Work out your own salvation," is the demand of
12 Life and Love, for to this end God worketh with you.
"Occupy till I come!" Wait for your re-
ward, and "be not weary in well doing." If
15 your endeavors are beset by fearful odds, and you receive
no present reward, go not back to error, nor become a
sluggard in the race.

Wait for reward

18. SH 192:30

Whatever holds human thought in line with unselfed
love, receives directly the divine power.

19. SH 453:6-8

6 Right and wrong, truth and error, will be at strife in
the minds of students, until victory rests on the side of
invincible truth.

Winning the
field

20. SH 96:27

As material knowl-
edge diminishes and spiritual understanding
increases, real objects will be apprehended mentally
30 instead of materially.

21. SH 217:19-24

When mentality gives
rest to the body, the next toil will fatigue you less, for
21 you are working out the problem of being in divine meta-
physics; and in proportion as you understand the con-
trol which Mind has over so-called matter, you will be
24 able to demonstrate this control.

22. SH 385:1-11, 15-18

It is proverbial
that Florence Nightingale and other philanthropists en-
3 gaged in humane labors have been able to
undergo without sinking fatigues and expo-
sures which ordinary people could not endure. The ex-
6 planation lies in the support which they derived from
the divine law, rising above the human. The spiritual
demand, quelling the material, supplies energy and en-
9 durance surpassing all other aids, and forestalls the
penalty which our beliefs would attach to our best
deeds.

Benefit of
philanthropy

15 Constant toil, deprivations, exposures, and all untow-
ard conditions, *if without sin*, can be experienced with-
out suffering. Whatever it is your duty to do,
18 you can do without harm to yourself.

Honest toil has
no penalty

23. SH 291:28

No final judgment awaits mortals, for the judgment-
day of wisdom comes hourly and continually,
30 even the judgment by which mortal man is di-
vested of all material error. As for spiritual error there
is none.

Day of judgment

24. SH 595:17-19 (to 3rd ;)

TIME. Mortal measurements; limits, in which are
18 summed up all human acts, thoughts, beliefs, opinions,
knowledge; matter; error;

25. SH 584:1 (only, to .), 4-6

584:1 **DAY.**

3 The objects of time and sense disappear
in the illumination of spiritual understanding, and Mind
6 measures time according to the good that is unfolded.

26. SH 89:21-22

We
are all capable of more than we do.

27. SH 536:24-29

24 Mortal mind accepts the erroneous, material concep-
tion of life and joy, but the true idea is gained from the
immortal side. Through toil, struggle, and sor-
27 row, what do mortals attain? They give up
their belief in perishable life and happiness; the mortal
and material return to dust, and the immortal is reached.

True attainment

28. SH 589:8

JAPHET (Noah's son). A type of spiritual peace, flow-
9 ing from the understanding that God is the divine Prin-
ciple of all existence, and that man is His idea, the child
of His care.

29. SH 114:27-29

In divine
Science, the universe, including man, is spiritual, harmoni-
ous, and eternal.

30. SH 45:16 (only)

Glory be to God, and peace to the struggling hearts!

- Hymns

1. Hymn 545, same as Hymn 243

Hymn 243, 244

ELLA A. STONE

(243)

OMBERSLEY

WILLIAM H. GLADSTONE

(244)

HESPERUS

HENRY BAKER

O sweet and tender as the dawn,
With mighty power to heal and bless,
Is God's dear gift to all His own:
The happy grace of gentleness.
How quickly burdens fall away,

How hearts grow light, rejoice, are glad,
When Love with touch of gentleness
Uplifts the sinning and the sad.

This gentle grace of Love divine
Is sweet as breath of opening flower.
Self-love and harshness disappear
Beneath its tender, healing power.

2. Hymn 552, same as Hymn 257

Hymn 253–257

CHRIST MY REFUGE

MARY BAKER EDDY

(253)

PLEASANT STREET

WILLIAM LYMAN JOHNSON

(254)

NORTON

LYMAN BRACKETT

(255)

REFUGE

PERCY C. BUCK

Music by permission of Percy C. Buck

(256)

OLDOWN

BASIL HARWOOD

Music by permission of Basil Harwood

(257)

OBLATION

PERCY WHITLOCK

O'er waiting harpstrings of the mind
There sweeps a strain,
Low, sad, and sweet, whose measures bind
The power of pain,

And wake a white-winged angel throng
Of thoughts, illumed
By faith, and breathed in raptured song,
With love perfumed.

Then His unveiled, sweet mercies show

Life's burdens light.
I kiss the cross, and wake to know
A world more bright.

And o'er earth's troubled, angry sea
I see Christ walk,
And come to me, and tenderly,
Divinely talk.

Thus Truth engrounds me on the rock,
Upon Life's shore,
'Gainst which the winds and waves can shock,
Oh, nevermore!

From tired joy and grief afar,
And nearer Thee,—
Father, where Thine own children are,
I love to be.

My prayer, some daily good to do
To Thine, for Thee;
An offering pure of Love, whereto
God leadeth me.

3. Hymn 495

Holy Spirit, source of gladness,
Come with all Your radiance bright;
Lift all burdens and all sadness;
O'er Your children shed Your light.

*

Let the Love that knows no measure,
Now in quickening showers descend;
Bring to us the richest treasure
We can wish or God can send.

*

Send us Your illumination;
Banish all our fears at length;
Rest upon this congregation,
Spirit of unfailing strength.