

Wed Burdens 2022 07 27

Burdens

Wednesday, July 27, 2022

Hymns

119

291

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#119

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

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

.

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

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#291

Quiet, Lord, my froward heart,
Make me gentle, pure, and mild,
Upright, simple, free from art;
Make me as a little child,
From distrust and envy free,
Pleased with all that pleaseth Thee.

.

What Thou shalt today provide
Let me as a child receive,
What tomorrow may betide
Calmly to Thy wisdom leave;
'Tis enough that Thou wilt care,
Why should I the burden bear?

.

As a little child relies
On a care beyond its own,
Being neither strong nor wise,
Will not take a step alone,
Let me thus with Thee abide,
As my Father, Friend, and Guide.

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#50

Dear Lord and Father of us all,

Forgive our foolish ways;
 Reclothe us in our rightful mind;
 In purer lives Thy service find,
 In deeper reverence, praise.

In simple trust like theirs who heard,
 Beside the Syrian sea,
 The gracious calling of the Lord,
 Let us, like them, without a word
 Rise up and follow thee.

Breathe through the pulses of desire
 Thy coolness and Thy balm;
 Let sense be dumb, let flesh retire;
 Speak through the earthquake, wind and fire,
 O still small voice of calm.

Drop Thy still dews of quietness,
 Till all our strivings cease;
 Take from us now the strain and stress,
 And let our ordered lives confess
 The beauty of Thy peace.

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. Prov. 3:26

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

4. Ex. 18:5 Jethro, 8, 10, 11 (to :), 13-18, 21-26 thou

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.
- 21 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.

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

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

6. 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,

7. Prov. 16:11 (to :)

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

8. Prov. 11:1

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

9. Ps. 37:23

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

10. Matt 23:1

1 THEN spake Jesus to the multitude, and to his disciples,

11. 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.

12. John 14:10 3rd the father

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

13. Luke 13:11-17

11 ¶ And, behold, there was a woman which had a spirit of infirmity eighteen
years, and was bowed together, and could in no wise lift up *herself*.

12 And when Jesus saw her, he called *her to him*, and said unto her, Woman,
thou art loosed from thine infirmity.

13 And he laid *his* hands on her: and immediately she was made straight, and
glorified God.

14 And the ruler of the synagogue answered with indignation, because that
Jesus had healed on the sabbath day, and said unto the people, There are
six days in which men ought to work: in them therefore come and be
healed, and not on the sabbath day.

15 The Lord then answered him, and said, *Thou* hypocrite, doth not each one
of you on the sabbath loose his ox or *his* ass from the stall, and lead *him*
away to watering?

16 And ought not this woman, being a daughter of Abraham, whom Satan
hath bound, lo, these eighteen years, be loosed from this bond on the
sabbath day?

17 And when he had said these things, all his adversaries were ashamed: and
all the people rejoiced for all the glorious things that were done by him.

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
- 27 is in motion and the sun at rest. As astronomy reverses the human perception of the movement of the solar system, so Christian Science re-
- 30 verses 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

The sun and Soul

120:1 seems otherwise to finite sense.

3. 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

4. SH 22:13-14 Wait

Wait for your re-
 ward, and “be not weary in well doing.”

5. SH 68:6-8

We ought to weary
 of the fleeting and false and to cherish nothing which
 hinders our highest selfhood.

6. SH 50:5-8, 26-31

The last supreme moment of mockery, desertion, tor-
 6 ture, added to an overwhelming sense of the magnitude
 of his work, wrung from Jesus’ lips the awful
 cry, “My God, why hast Thou forsaken me?”

A cry of despair

The burden of that hour was terrible beyond human
 27 conception. The distrust of mortal minds, disbelieving
 the purpose of his mission, was a million
 times sharper than the thorns which pierced
 30 his flesh. The real cross, which Jesus bore up the hill
 of grief, was the world’s hatred of Truth and Love.

The real pillory

7. 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
 30 is set before us;” that is, let us put aside material self
 and sense, and seek the divine Principle and Science of
 all healing.

8. SH 183:16-18

The supposed laws which result in weariness and dis-
 ease are not His laws, for the legitimate and only possible
 18 action of Truth is the production of harmony.

Laws of nature
 spiritual

9. 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-

Our footsteps
 heavenward

9 nation is desirable, expectation speeds our progress. The
struggle for Truth makes one strong instead of weak,
resting instead of wearying one.

10. SH 40:28

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

11. 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;

12. SH 584:1, 4-6

584:1 **DAY.** The irradiance of Life; light, the spiritual idea
of Truth and Love.
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.

13. SH 89:21-22

We
are all capable of more than we do.

14. 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

15. SH 217:19-8

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. The scientific and
permanent remedy for fatigue is to learn the power of
Mind over the body or any illusion of physical weariness,
27 and so destroy this illusion, for matter cannot be weary
and heavy-laden.

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

16. SH 318:16

Is the sick man sinful above all others? No! but
so far as he is discordant, he is not the image of God.
18 Weary of their material beliefs, from which
comes so much suffering, invalids grow more
spiritual, as the error — or belief that life is in matter —
21 yields to the reality of spiritual Life.

Sickness as
discord

17. SH 79:23-25, 27-5

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. A cup of coffee or tea is not the equal
of truth, whether for the inspiration of a sermon or for
the support of bodily endurance.

Divine strength

18. SH 496:9-10 Ask

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

19. 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-

Patience and
final perfection

tinue the strife of demonstrating the great problem of
15 being, is doing much.

20. SH 192:30

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

21. 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

22. 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.

23. SH 114:27-29

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

24. SH 218:27

27 The Scriptures say, "They that wait upon the Lord
. . . shall run, and not be weary; and they shall walk,
and not faint." The meaning of that passage is not
30 perverted by applying it literally to moments of fatigue,
for the moral and physical are as one in their results.
When we wake to the truth of being, all disease,
219:1 pain, weakness, weariness, sorrow, sin, death, will be
unknown, and the mortal dream will forever cease. My
3 method of treating fatigue applies to all bodily ailments,
since Mind should be, and is, supreme, absolute, and
final.

25. SH 45:16 (only)

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

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