

A Traveller was walking down the road laboring under the heavy burden he was carrying on his back. Along came a man with a horse-drawn cart. Pulling alongside the Traveller, the cart driver said, “Sir! I see that you are carrying a heavy load and that it makes you weary. Wouldn’t you rather ride in my cart than carry that heavy burden?”

“Yes,” the Traveller said as he got into the cart, “Now I will no longer have to walk with this burden.” A little farther down the road the cart driver looked behind him and was quite astonished to see the Traveller sitting in the cart still carrying his burden, held tightly on his back.

“Sir, why do you still bend under the weight of your burden when you could simply set it down?” he asked. “You have helped me so much already,” said the Traveller, “I would not want to impose on you any further.”

“But don’t you see,” replied the cart driver, “it would not be an imposition on me for you to put your burden down. Look at my horse; he is strong and willing. He was made to carry heavy burdens. Besides, both of you are now carrying your load, yet my horse will carry your load whether you do or not! So please put your burden down or you will wear yourself out and make my horse feel unappreciated.”

THE CART—BURDEN / REST

Come to Me... all whose work is hard, whose load is heavy and I will give you relief. Bend your necks to my yoke, and learn from me, for I am gentle and humble-hearted: and your souls will find relief (Matt. 11:28, 29, NEB).

Is not this the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke (Is. 58:6, KJV)?

Blessed be the Lord, who daily bears our burdens, the God who is our salvation (Ps. 68:19, NASB).

Surely our griefs He Himself bore, and our sorrows He carried; yet we did esteem Him stricken, smitten of God, and afflicted. But He was pierced through for our transgressions, He was crushed for our iniquities; the chastening for our well-being fell upon Him, and by His scourging we are healed (Is. 53:4,5, NASB).

Casting all your anxiety upon the Lord, because He cares for you (1 Pet. 5:7, NASB).

Cast your burden upon the Lord, and He will sustain you; He will never allow the righteous to be shaken (Ps.55:22, NASB).

He (God) says, "I removed the burden from their shoulders; their hands were set free from the basket" (Ps. 81:6, NIV).

Rest in the Lord and wait patiently for Him; do not fret because of him who prospers in his way, because of the man who carries out wicked schemes (Ps. 37:7, NASB).

Therefore, since the promise of entering His rest still stands, let us be careful that none of you be found to have fallen short of it (Heb. 4:1, NIV).

My soul finds rest in God alone; my salvation comes from Him (Ps. 62:1, NIV).

What time I am afraid, I will trust in Thee (Ps. 56:3, NIV).

GRACE for the Rest of Your Life

THE CART

RESTING GRACE: Christ Our Burden Bearer; Grace as Our Resource; Transfer of Worries, Grief and Loss; Resulting Rest

Look at each frame and make or elicit observations such as:

1st frame: A man is walking carrying a burden, his head is down, his load is heavy.

2nd frame: A horse-drawn cart comes by and the driver offers the man a ride.

3rd frame: The man gets in the cart with his burden.

4th frame: Discuss what is wrong with this picture.

Discuss why the man keeps his burden on his back.

The man is still carrying the burden, and apparently he got in the cart with it still on his back. Normally one would place the burden in the cart first, and then climb in beside it. But this man must be so used to it, that he just climbed on without realizing he was still carrying the load. What might be another reason that he would continue to hold onto it? Perhaps it is so valuable to him, he is hanging on for fear they may hit a bump and it would roll out or break. In order to maintain control, he holds onto it.

However, the horse is also carrying the burden. The man was given relief from his burden as soon as the horse took on the extra burden. The horse is now expending energy for the burden, but the man is also expending energy for the same burden. Now we have two energies carrying the same burden! Which energy is optional or needless? The man's! The horse is his **resource** for bearing the weight of both him and his burden.

Christ Our Burden Bearer

Note the Scriptures that express this theme: *“Blessed be the Lord, who daily bears our burdens”* (Ps. 68:19). Christ is already a daily **burden bearer** for us. In this illustration Christ is represented as the horse (or **grace resource**). This may sound a little strange, but it is just to show that the burden is already being carried by another. So why continue to carry a load that is already being carried for us?

How would the horse feel if he had just gone over the crest of a hill bearing his new load, thinking that he was helping someone out, only to find, as he looked back, the man sweating under the same load that he was sweating under? The horse would feel unappreciated and perhaps grieved.

The Lord is always inviting us to give our burdens over to Him, *“Come unto me all you who are weary and are heavy laden, and I will give you rest. Learn from me, I am gentle and humble hearted, and you will find rest for your souls”* (Matt. 11:28-29).

There is always an invitation to **rest** in the **grace** already provided. Many times we think that the Lord will supply the **rest** only when we desperately need it. What He is offering is that there is **rest** all along the way, if we **rest** in Him. We are then free to offer His grace to others. This explains our theme, **“GRACE for the Rest of Your Life.”**

Grace As Our Resource

We can also liken grace to a moving sidewalk — the power of the sidewalk is a given — a **resource**. The question is, “What do we do with it?”

Note the different postures observed on a moving sidewalk or people mover. Some rush and are agitated because it is not moving fast enough as they hurry with their burden; some stand on the sidewalk holding onto their burden; others put down their burden and let the sidewalk carry them (resting in the power of another). One could turn and walk the other way but would eventually feel exhaustion. However, the moving sidewalk (God's **GRACE resource**) would still continue.

The question is, "What is our posture on the sidewalk?" See also the "Paglimorki" illustration on page 5.

Transfer of Worry, Grief and Loss

Our burden may be other things such as grief, loss or heartaches. Isaiah explains that Jesus carried more than just our sins—He also carried our griefs and our sorrows (this is the part that has been a help to many people). "*Surely our griefs He Himself bore and our sorrows He carried*" (Isa. 53:4).

When you first came to the Lord, at the time of your salvation (when you realized that there was nothing you could do about your sins), you **transferred** your sins to the Lord, who bore them for you. We may use this same pattern again as we **transfer** to Him our griefs and our sorrows.

This truth was shared with one woman who had been grieving for a long time over the loss of a loved one. When she realized that she could use that same pattern to **transfer** her grief that she carried daily, she was visibly relieved as she transferred it to Jesus.

Some people continue to carry **worry, grief and loss** for many years—trying to be strong, trying to be a good Christian, trying to be a witness, trying to buck up, and trying to keep a good testimony, only to find life more burdensome. All they have to do is realize, "Lord, I cannot handle my **worry, grief and loss** either. I need You in the same way that I needed You for my sins. Thank You."

Listen to the words of a well known hymn by Joseph Scriven:

***What a friend we have in Jesus, all our sins and griefs to bear!
What a privilege to carry everything to God in prayer!
O what peace we often forfeit, O what needless pain we bear,
All because we do not carry everything to God in prayer!***

***Are we weak and heavy laden, Cumbered with a load of care?
Precious Saviour, still our refuge —Take it to the Lord in prayer.***

Note the lines from another hymn:

***He took my sins and my sorrows
He made them His very own;
He bore the burden to Calvary,
And suffered and died alone.***

(Charles H. Gabriel)

The psalmist says, “Cast your burden (lot in life) upon the Lord, and He will sustain (support, nourish) you; He will never allow the righteous to be shaken” (Ps. 55:22). The idea of casting our burden is an imperative command — “to throw, to fling, to cast.” The idea of casting our lot (portion, that which is given) on the Lord is bound up with the idea of trusting Him to take our burden from us and to deal with it Himself. It gives the impression that He wants it and will take it. It is not a one-time event; it is continual. Every time “it” comes up we are to cast it again on Him — to keep giving it over, because we know we cannot deal with it ourselves. We must **transfer** it to Him who can.

Resulting Rest

St. Augustine, an early church father, said the following:

*Thou has made us for Thyself, oh Lord,
And our hearts are restless
Until they rest in Thee.*

Note this poem, which invites us to **rest** (also on the notes and quotes pages):

*Bear not a single care thyself,
One is too much for thee.
The work is Mine, and Mine alone,
Thy work to rest in Me.*

Burden Bearers

God never intended for us to carry burdens. Can you picture a camel carrying a very heavy burden as in the Sahara Desert? Have you seen a donkey or burro carrying a heavy load? Have you ever seen a sheep in a green pasture with a heavy burden on its back? Why have you not seen that? Sheep are not designed to carry burdens!

God often relates to us as sheep, “Ye are my people, the sheep of my pasture” (Ps. 100:3). He wants us to cast our burdens on Him so that He can carry our burdens. Because we are not meant to be burden-bearers, He is ready to bear our burdens. He is our Good Shepherd. This is the message of **RESTING GRACE!**

Who Needs Resting Grace

The truths of God’s Resting Grace can apply to a four-year old, a forty-year old or an eighty-year old—there is no age limit. Half-way through a meeting on this lesson a woman said, “I am having trouble with this ‘Cart Card.’ I cannot understand this concept.” The speaker replied, “Well, it is interesting to note that this is what one culture uses in their public school system as a symbol of man’s ignorance.” Later that evening it all came together for her. She came with tears streaming down her face. She was in her forties, striving and struggling with a huge burden, when she finally understood God’s resting grace and found release as she let God carry her burden.

Another young woman mentioned that she was sharing with her mother and later with her grandmother. And then she said, “Oh, but wait, I am sharing with my great-grandmother too, and she is so pleased to learn these concepts.” So the message of **Resting Grace** is reaching back into the generations too—four generations!

How early in life can these truths be understood? One family introduced the man with the burden and explained to their young children that big men have big burdens, and kids have

little burdens and little problems. Perhaps they are afraid of some things. “Let’s call them ‘scareds.’” They are ‘scared’ of storms, they are ‘scared’ of the dark, they are ‘scared’ of different things.” Each child then expressed his ‘scareds.’ One was ‘scared’ to go to Sunday School, one was ‘scared’ of storms, one was ‘scared’ of earthquakes, hail, and tornados. Another one said, “nightmares or bad dreams.” “Now we are going to lay each little ‘scared’ down and let Jesus carry it, because He is already carrying it.” So each one prayed; they made that little **transfer** to Jesus. He answered and He took their ‘scareds’ away!

Bring Our Fears to Jesus

No matter how big or how little the burden, God’s **grace** is sufficient. A key verse is, “*What time I am afraid, I will trust in Thee*” (Ps. 56:3). Many times parents say to their children, “Now do not be afraid, Mommy’s here, Daddy’s here.” But the kids are afraid—it is storming outside. What they need to know is, “What time I AM afraid, I will trust in Thee.” You move them from their fear into trust, helping them **transfer** that fear to Jesus.

Remember the verse “*Casting all your care on Him, for He cares for you*” (1 Pet. 5:7). This is why Jesus has gone through the trouble of coming and offering this **rest** to believers; it cost Him everything. It cost Him Calvary, but for us it just costs us giving our cares (worries) over to Him.

Rest Available

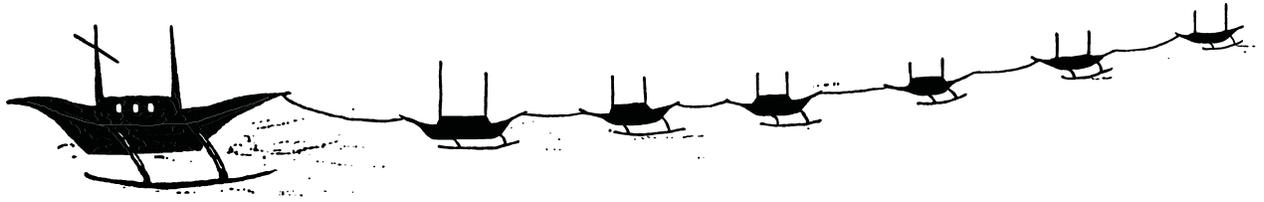
“*My soul finds **rest** in God alone; my salvation comes from Him*” (Ps. 62:1).

“*There remaineth, therefore, a **rest** to the people of God. For he that entered into His **rest**, he also hath ceased from his own works, as God did from His. Let us labor, therefore, to enter into that **rest**, lest any man fall after the same example of unbelief*” (Heb. 4:9-11).

Our work is to **rest** in God’s grace. An honest atheist once said, “Not having any God on whom to cast my burdens, I must struggle with them alone. I must myself be God, and I feel very inadequate at the task.” (Yet it was not enough yet for him to turn to God.) How sad!

We agree with Mrs. Hudson Taylor who said, “Let us cast all our burdens, and they are many and weighty, upon our omnipotent, all-wise, loving Father. They are but feathers to Him!”

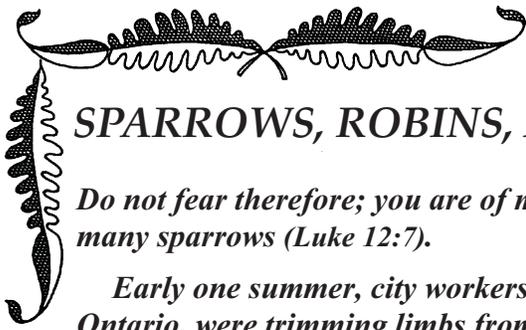
Review and reinforce this lesson by incorporating the following notes and quotes pages and by reading the Scriptures on the back of the card.



‘PAGLIMORKI’: “Resting in the Power of Another”

- *‘Paglimorki’*—In a small Filipino island fishing village, a large motorized fishing boat comes to tow small, canoe-sized, fishing boats out to the deep sea. The small boats attach to each other and then to the large boat by their anchors (like a train). The large motorboat then pulls them all. The fishermen do not have to expend their own energy rowing to the deep sea. If they did, by the time they got to the deep, they would be too tired to fish. This way they all rest in the power of another (the big boat) to reach their destination.
- What if a man in the middle of the *‘paglimorki’* decided to start rowing? He would be expending energy unnecessarily.
- If the person at the end decided to put up a sail, it would create havoc.
- *‘Paglimorki’* works best when each boat rests in the power of the motorized boat.
- This illustration of God’s **resting grace** was shared with two language groups in the Philippines. Many trusted Christ as a result. Now, seeing a *‘paglimorki’* reminds them to live a **restful** life. The message of God’s grace is transforming the island people.
- When a photograph of *‘paglimorki’* was shown to one fisherman, he said, “Hey, where am I in this picture? I was there that day, and so was my friend. We were *‘nabutuan,’*” which means ‘left behind.’ (The *‘paglimorki’* was so long that the photo did not include their last two boats.) The missionary said, “It is one thing to be ‘left behind’ in the picture, but the sad thing would be to be ‘left behind’ when Jesus comes for His own.” The fisherman and his friend started listening to the gospel that day, and both accepted Christ that summer. Up until that time, they both had been reared and geared to be witch doctors. However, since that time, they are sharing *‘paglimorki’* with everyone!

*“There remaineth, therefore, a **rest** to the people of God. For he that entered into His **rest**, he also hath ceased from his own works, as God did from His. Let us labor, therefore, to enter into that **rest**, lest any man fall after the same example of unbelief” (Heb. 4:9-11).*



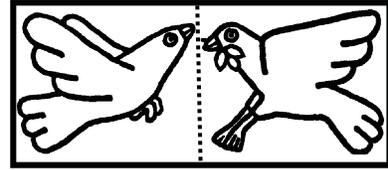
SPARROWS, ROBINS, AND YOU

Do not fear therefore; you are of more value than many sparrows (Luke 12:7).

Early one summer, city workers in Hamilton, Ontario, were trimming limbs from trees along the streets. In one tree marked for cutting they found a nest of baby robins. The workers decided not to touch the limb until the young birds had flown away.

Later when the nest was abandoned, they examined it and discovered in the bottom a little scrap of paper. The robins had used it, along with the dried twigs, to build their nest. On the paper were these words: "We trust in the Lord our God." Now, we don't know if the workers saw the remarkable significance of those words, but their concern for sparing those tiny robins was God's way of caring for His creatures. P.R.V Daily Bread

ROBIN



SPARROW

OVERHEARD IN AN ORCHARD

Said the robin to the sparrow,
"I should really like to know
Why these anxious human beings
Rush about and worry so!"

Said the sparrow to the robin,
"Friend, I think that it must be
That they have no heavenly Father
Such as cares for you and me."

Elizabeth Cheney

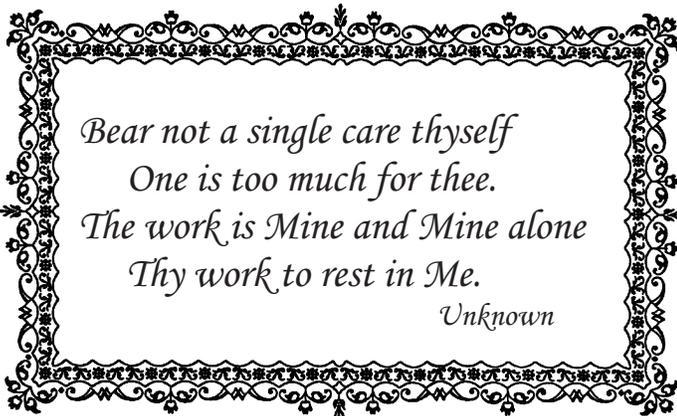


*Thou has made us for Thyself,
O God, and our hearts are
restless until they rest in Thee.*

Saint Augustine

*When a sorrow comes upon you
that no other soul can share,
And the burden seems too heavy
for the human heart to bear.
There is One whose grace can comfort
if you'll give Him an abode;
There's a burden bearer ready,
if you'll trust Him with your load.*

Unknown



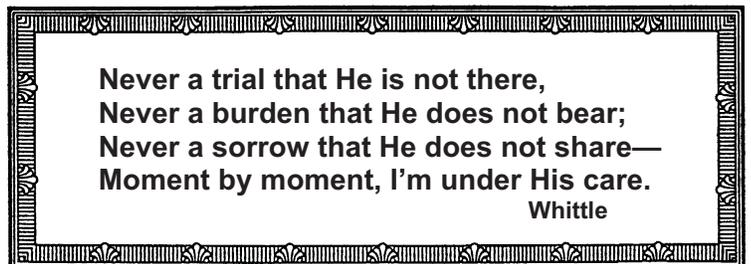
*Bear not a single care thyself
One is too much for thee.
The work is Mine and Mine alone
Thy work to rest in Me.*

Unknown



he other evening I found myself staggering alone under a load that was heavy enough to crush half a dozen strong men. Out of sheer exhaustion I put it down and had a good look at it. I found that it was all borrowed: part of it belonged to the following day; part of it belonged to the following week—and here was I borrowing it that it might crush me now! It is a very stupid, but a very ancient blunder.

F.W. Boreham



*Never a trial that He is not there,
Never a burden that He does not bear;
Never a sorrow that He does not share—
Moment by moment, I'm under His care.*

Whittle

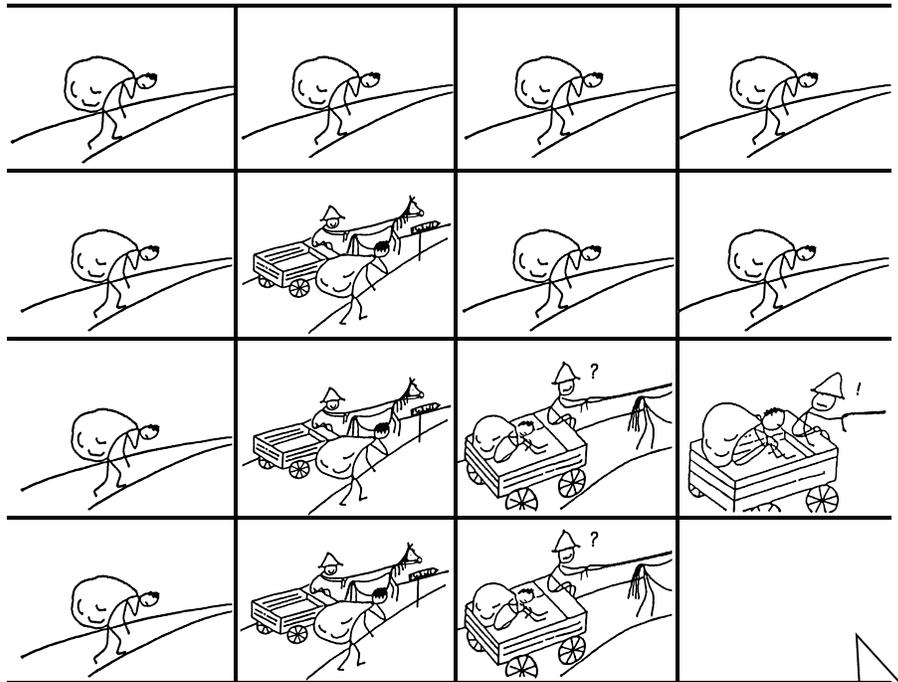
“Come unto me, all ye that labor and are heavy laden and I will give you rest” (Matthew 11:28).

“I said, therefore, unto you, that ye shall die in your sins; for if ye believe not that I am He, ye shall die in your sins” (John 8:24).

“How, then, shall they call on Him in whom they have not believed? And how shall they believe in Him of whom they have not heard? And how shall they hear without a preacher?” (Romans 10:14).

“Stand fast, therefore, in the liberty with which Christ hath made us free, and be not entangled again with the yoke of bondage” (Galatians 5:1).

“Go ye into all the world, and preach the gospel to every creature” (Mark 16:15).



Draw your own conclusion here.



“Not having any God on whom to cast my burdens, I must struggle with them alone, must myself be God. And I feel very inadequate at the task.”

(An Honest Atheist)

Several philosophers were discussing the greatest possible tragedy one could experience in life. Many opinions were expressed. One philosopher suggested life’s greatest tragedy would be to murder another human and be imprisoned for life. Another thought it would be to lose one’s eyesight and remain blind. A third speaker suggested that betrayal at the hands of a trusted spouse would be worst of all. But the wisest philosopher concluded that, while all these were grave misfortunes, certainly the ultimate tragedy in life would be to miss God and not even be aware of it. If this is correct, then millions of people are at this very moment experiencing life’s greatest tragedy. According to Paul, they are “without hope and without God in this world” (Eph. 2:12). James speaks of the brevity and uncertainty of one’s life. In light of this, Christians are called upon to rescue as many as possible from life’s ultimate tragedy. This can be accomplished by sharing our faith with others concerning Him who testified that He came “to give life and to give it more abundantly” (John 10:10).

The Topical Chain Study Bible, Thomas Nelson Publisher

I wonder why the easiest thing in the Christian life is the most difficult? I wonder why I work by a guttering candle when there is an electric light switch within easy reach of my hand? The answer, of course, is that I don’t. I am not so foolish—except in one direction, and that is Godward. In our spiritual life many of us seem to be content struggling along with all the poor primitive resources of a weak, human nature, while all the infinite power of the Godhead is at our disposal. There is no condition of human nature, no circumstance of human life, that is not completely provided for in the all-embracing love of our Father God; yet the vast majority of His children struggle along life’s road, bearing burdens that He is eager to carry, and has urged them to entrust to Him. I wonder why?

A. Stuart M’Nairn