

Weight Of The World

“These mountains that you are carrying, you were only supposed to climb.”— NAJWA ZEBIAN



Just like when I was a girl, my own daughters loved to ride on my dad’s shoulders when they were small. Throughout his life, my dad carried the weight of a lot of people on his shoulders. From his students and athletes, to later his staff when he became a school administrator, he carried a lot of obligations, fixed a lot of problems, and felt the weight of responsibility for so many.

One summer, Dad hired a crew to remove the asbestos in the old school building. They got behind and weren’t going to finish in time for the start of the school year. As superintendent, Dad felt such a responsibility to the community that he geared up himself and finished the job.

My dad sacrificed asbestos exposure to ensure that our school year started on time.

There were times during young adulthood when I thought the mountains were crashing down around me and I would call my dad. By the time I hung up, I felt lighter. Sometimes I just needed to vent. Other times I needed help and guidance, someone to reassure me that it would all be okay.

God will do the same. He can take the weight of the world off our shoulders if only we ask. Seeking help does not indicate weakness; on the contrary, it demonstrates strength. By embracing vulnerability and releasing weakness, we create space for love to fortify us. When we are burdened by our many responsibilities and hardships, we can call upon God. He will remove the weight and show us the way forward. For who else has actually held the world in His hands?

“BUT HE SAID TO ME, ‘MY GRACE IS SUFFICIENT FOR YOU, FOR MY POWER IS MADE PERFECT IN WEAKNESS.’ THEREFORE, I WILL BOAST *ALL* THE MORE GLADLY OF MY WEAKNESS, SO THAT THE POWER OF CHRIST MAY REST UPON ME.” – 2 CORINTHIANS 12:9

Heavenly Father, thank You for carrying the weight of the world so I don't have to. Remind me that You didn't design me to be super human, only human. I needn't wear a cape, nor a yoke. You designed me perfectly with human limitations and the power of the Holy Spirit. Amen.

What is weighing you down that you can release to God? How does releasing your weaknesses to God make you stronger?