

March 12, 2021

**Psalm 68:19, “Praise be to the LORD, to God our Savior, Who daily bears our burdens.”**

The Hebrew phrase for *bears our burdens* is **ya amas** which means *to carry that which is burdensome or heavy*. What an amazing thought to think that our LORD cares so much for us that He will daily bear our burdens. Sometimes, it seems that the weight on our shoulders will crush us. It can be scary sometimes to face the hardships. A day that starts out seemingly great can deteriorate so quickly.

Life can be so difficult in this world that we live in. Pressures of work, family, relationships and life can almost seem too much to bear. It reminds me of the words of our Savior when He spoke in **Mt. 11:28-30, “Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”**

Basically, our wonderful Father can and will carry us through any situation when we call out to Him and continue to praise Him for His wonderful works. He is a good, good Father. He loves us so very much. He will come to your aid. He will carry you through life’s storms. He is listening to you as you call out to Him. When the load seems too heavy, call on Him.

**Dear LORD, we call upon You today to bear our burdens. We lay them at Your feet because You are strong and able to do this. We praise You LORD, In Jesus Name, Amen**