

Psalm 55:22 - Cast your cares on the Lord and He will sustain you; He will never let the righteous fall.

Invariably, when I announce to friends and family that Philippe and I are taking another trip to his homeland of Switzerland, the response is "Can I carry your bags?" Visions of Heidi and the Alps, cowbells and chocolate dance in their heads - while in mine, centuries of Swiss precision and proprietary protocol obscure any fleeting thoughts of pleasure. But this time, I was determined to get it right: I would go in the likeness of a servant, like Jesus, not for the gratification of my flesh or even for my own rest.

It was in that, however, that the error of my ways was revealed. I was determined to serve - but did not yet fully realize that in my service, I had to find rest. Three days into the trip, I had managed rather admirably to uphold my personal pledge until we decided to visit a cousin and his wife who live in an old family castle.

The problem is, the castle is crumbling around them, with the ceiling and walls caving in as the ancient beams reluctantly acknowledge the ravages of time and neglect. I felt such oppression as we sat in one of their few inhabitable rooms, looking out at the magnificent lake setting and seeing a metaphor in our midst - man striving to maintain an impossible standard in his own strength. The weight of the centuries became my own burden.

Early the next morning, I had still not shaken off this oppressive spectre. As we walked by the still waters of Lake Neuchatel, I cried out to God. "Lord, this is not of you and I don't want it! But I am of you and you have made me in your own image and desire for me to be holy and whole. I can't change these people or this place - I can only change me. Lord, change ME!"

Within minutes, His peace came over me, the peace of abiding as a child of God. I had come to Him as one who was weary and burdened, and He drew me into His arms and gave me rest. He gently showed me the error of my sometimes independent ways and reminded me that He is always willing to lead me beside the still waters in His paths of righteousness.

Whatever your burden is today, bring it to Him and lay it down. Whether it is your family, your health, job or money concerns, the weight of the world around us, give it to Jesus, the One who paid the entire price to redeem the time. Cast all of your cares on Him, for He cares for you.

