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THE WEIGHT OF THE WORLD

THE BULWARK

Entering into the restaurant, there is a family seated in a far corner booth with their heads bowed down. Are they bowed in prayer before a meal, or they engrossed looking at their cell phones? Upon closer inspection, the answer becomes "painfully" evident, with a swipe of finger here and a muted chuckle there; cell phones. "Painfully" indeed, as according to an article from a few years back in the journal Surgical Technology International asserts that looking down at one's cell phone is the equivalent of having a sixty pound weight on your neck. Now factor in that on average a person spends two to four hours a day reading and or texting. The end result; damage being done to neck and spine, a very real health concern.



In the 55th psalm, David expressed rightfully that God does indeed care and wants to ease our burden. *"Cast your burden upon the Lord, and He will sustain you; He will never allow the righteous to be shaken."* Tie this to what Paul penned to Timothy in his second letter to the young evangelist. *"For God has not given us a spirit of timidity, but of power and love and discipline."* (1:7)

Look up, lift up your eyes to see fully. *"I pray that the eyes of your heart may be enlightened, so that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the surpassing greatness of His power toward us who believe. These are in accordance to the working of the strength of His might."* (Ephesians 1:18-19)

There is a spiritual correlation seen inasmuch as it is so easy to become bowed down with the challenges and struggles of life. Discouragement at times weighs heavily upon us, even more so when the troubles faced by others we love flood over into our life. It would appear that the author of the 146th psalm did what we should do more often today, that is LOOK UP. While the entire psalm is uplifting, but notice especially verse eight. *"The Lord opens the eyes of the blind, the Lord raises those who are bowed down; the Lord loves the righteous."*

Look up. See what David wrote in Psalms 16:8. *"I have set the Lord continually before me; because He is at my right hand, I will not be shaken."* Or note again what David penned. The back drop for the third psalm takes place when David is forced to flee when his son Absalom rises up against him. It is referred to as a morning prayer and clearly expressed total trust in God. *"But, Thou, O Lord, art a shield about me, My glory, and the One who lifts my head."* (v3)

Jesus, well aware of the rigors of life, gave an open ended invitation when He said, *"Come to Me all who are weary and heavy-laden, and I will give you rest."* (Matthew 11:28) There is no logical reason why one has to carry the burdens of life, there is an answer; LOOK UP. *"Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls. For My yoke is easy, and my load is light."* (Matthew 11:29-30) Look up in order to have the burden lifted and be willing to learn .

Look up. Be lifted up. *"He delivers me from my enemies; surely Thou dost lift me above those who rise up against me; Thou dost rescue me..."* (Psalms 18L48) Standing back and entirely giving regard to God's abundant love and care it should cause one to look up and praise Him. We can live each day knowing full and well we don't have to be weighed down by the rigors and burdens of life. *"Humble yourselves, therefore, under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety upon Him, because He cares for you."* (1Peter 5:6-7) (wbe)