

HOW TO LIGHTEN YOUR LOAD BY FAITH

Level Up. Episode 6. Published: July 26, 2023

Introduction

Welcome to Level Up episode 6. Today, I want to discuss how to lighten your heavy load by faith.

Most of us have taken on way too much obligation, responsibility, and guilt related to our Christian faith. Following Jesus has become a grind rather than a joy. Good news! It doesn't have to be that way. Let me show you how to lighten your load by faith.

Kim and I watch K dramas, which are TV series from Korea. I've noticed the complete intolerance of moral failure in the dramas. People who cross the line of what's considered good or moral are criticized and condemned without mercy. It isn't easy to wrap my head around this way of doing things.

Unfortunately, I've witnessed churches and Christians treating people without mercy. I've probably done it myself. I even deal with my failures that way; I berate myself for my sins and mistakes. My inner voice says things such as, "You're useless. Why do you always fail at this? You're such a loser." This is not healthy in general, and it is especially not beneficial from a biblical or gospel perspective.

Jesus and Mercy for the Heavily Burdened

In the story of the woman caught in adultery (John 8:1-11), we read about Jesus extending mercy to someone who did not meet her community's strict moral code. She had broken one of the Ten Commandments and failed to obey God's holy Law. Her failure was serious, and I'm not trying to minimize it. It's interesting, however, that there's no sign of her partner in crime. Where's the man?

The response of those who love to place heavy loads of religious obligation on their followers' backs (Matthew 23:1-5) was to condemn the woman, and they came to Jesus so he could do the right and proper thing also. Jesus didn't play along. The Bible tells us, "Jesus said, 'Neither do I condemn you; go, and from now on sin no more'" (John 8:11, ESV). Do you see the difference? Jesus did not excuse her sin or condemn her for it. Instead, he encouraged her to do better in the future. Jesus showed mercy. He took the heavy burden off her back. He set her free from her failure. He gave her a fresh start.

Five Decisions to Lighten the Load

Jesus does the same thing for us ... if we let him. There are five decisions that lighten our load:

1. **Come to Jesus.** He's the load-lifter. No amount of regret, shame, or desire to make up for what we've done or not done can accomplish even one percent of what Jesus is willing to do for us.
2. **Admit your situation.** He already knows, so why pretend? Tell him, "Jesus, I can't measure up to God's high standards. The harder I try, the worse I get" (See Romans 7:7-25).
3. **Hand Jesus your burden.** I'm talking about all the sins, mistakes, failures, responsibilities, obligations, practices, condemnation, guilt, and so on you are carrying around as a Christian trying to measure up.

4. **Receive Jesus' mercy.** Come to him empty-handed. Don't bargain or negotiate. Leave all your supposed merits and insufficient efforts out of this. Give him nothing but your sins. By his life, death, and resurrection, Jesus measured up for us, fulfilled God's Law for us, bore our sin and condemnation, and cleansed our guilt for us. He clothed us in his perfect righteousness and made us holy and acceptable to God. All this is offered freely and without conditions to everyone who wants it. It is pure grace and mercy mixed with his love. Therefore, do nothing more than open your hands to receive.
5. **Live by faith in the daily offer of Jesus' mercy.** He will never condemn you. He is always for you. There is no sin so great he cannot immediately and completely cleanse and forgive. Live permanently in this freedom of a light load (Matthew 11:28-30).

No, living in mercy doesn't mean taking sin lightly. On the contrary, we take sin so seriously that we've turned away from our feeble efforts to overcome or forgive it. Only Jesus can do that for us. We affirm that sin is so serious he had to die on the cross for it.

Conclusion: Give Jesus Your Heavy Load

The prime religious obligation in the Christian faith is to rely on Jesus Christ to be and to supply all he wants for us. The way to lighten your load by faith is to renounce all you can achieve to have all Christ has already accomplished for you. Give Jesus your heavy load.