

Carrying a Load?

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Having had two daughters go through the school system, I was drawn to a recent article in our town newspaper about the increasing number of back complaints and injuries due to the excessive weight of student's backpacks.

To quote from the paper, "shoulder and neck pain, tingling in the arms, and mid-and lower-back pain are common complaints among kids whose backpacks are too heavy and who aren't carrying them properly." According to a local physical therapist, "We have a lot of young children coming in with back pain, more in the past five years..."

Even more alarming is the apparent pressure that academic pressure brings to the problem ... "Local health officials say an apparent increased emphasis on making the grade seems to go hand-in-hand with added books on one's back..." Dr. Arthur Christiano, a local orthopedic surgeon says, "I remember not bringing a backpack home until high school ... that's not the case anymore. The workload is more, the expectations are higher."

Expectations that are unrealistic ... work loads that are too heavy ... does that sound like your life? What's interesting to me is that some things have never changed ...Solomon wrote, "there is nothing new under the sun".

Jesus also understood that most of us live with too heavy a burden - in the gospel of Matthew, Jesus says, "Are you tired? Worn out? Burned out ... Come to Me ... Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me - watch how I do it.

Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with Me and you'll learn to live freely and lightly." Those, my friends, are words every pastor needs to hear ... those my friends, are words every human being needs to hear, including school children who carry backpacks that Hercules would find heavy.