



NCFI Caring Across Regions with Encouraging Scripture

Yoke of Trust
By Carrie Dameron

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. (Matthew 11:28-30, ESV)

We are familiar with Jesus’ comforting words, and I can imagine we all desire to lighten our burdens and find rest for our souls. As an educator who works with nurses from a variety of patient settings, I hear the nursing burdens: Not enough staff to care for patients; more and more patients who are sicker and sicker; units closing, which displace or delete nursing positions; management changes. In my long career in nursing these issues have always existed and most of the nurses I know are accustomed to adapting to each crisis that comes by.

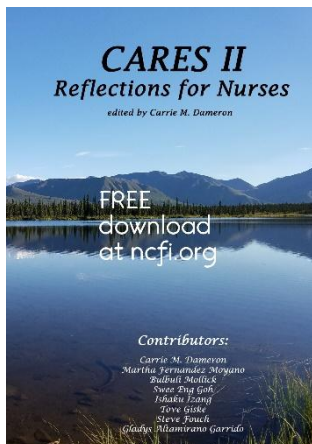
We also care for patients, manage staff, and educate students whose burdens are heavy and difficult. How can we make people the Lord has entrusted to provide care lighter? Let’s break down Jesus’ promise and find a way to lighten our burdens.

First, we need to recognize that Jesus didn’t say, IF you have burdens. The assumption is we WILL have burdens. One of the barriers to releasing our heavy burdens is the unrealistic idea that our lives should be worry and complicated free. It sounds crazy to say it outloud; yet, when a problem comes along, we are dismayed. Whether it is an illness, stress at work or family crisis, these are human experiences. This is true for our patients as well. There will be extended illnesses, surgery complications, and unforeseen diagnosis. Even though the Gospels have multiple accounts of Jesus healing people, there were even more people who weren’t healed. Yet, Jesus brought the Good News to them, which is Himself.

This brings us to our second point of Jesus’ teaching—“Come to Me!” Life’s burdens cannot be lighter if we don’t hand them over to Jesus. Handing them over to Jesus is more than just praying

for healing, seeking His wisdom, and trusting Him. It is daily, and many times frequently saying, “Jesus, I trust in You!” For example, when the fear of complications attempt to overwhelm a patients’ peace, we can direct them to trust in Jesus and let go of the outcome. I know, sounds frightening! Yet, this is how Jesus will make the burdens lighter, giving the present AND the future of our burdens to Him.

If you are feeling burdened by work, personal, family, or life in general, then you are carrying the load and Jesus is not. Right now, what burden do you have? Write them down. How do they feel? Are they heavy, uncomfortable, stressful, worrisome? Then you are carrying them. Or maybe there is a patient or student, or staff member whose burden is keeping them anxious and depressed. Help them as well with coming to Jesus and exchanging the yoke of burden for the yoke of trust.



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