



A weekly reflection by members of the Precious Blood Community

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Denis Wilhelm

Jesus said to the crowds: "Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light." Mt 11:28-30

The pop song "The Weight" was released in 1968 by The Band. The song takes place in Nazareth, where the singer encounters several colorful characters. The song's writer, Robbie Robertson, has described it as something he threw together with no religious intent. Still, the lyrics do lead listeners to draw their own conclusions.

*I pulled into Nazareth, was feelin' about half past dead.
I just need some place where I can lay my head.
"Hey, mister, can you tell me where a man might find a bed?"
He just grinned and shook my hand, and "No" was all he said.*

Today would have been my father-in-law's birthday. He grew up dirt poor in Southeast Missouri. He lived a hard scrabble life as a kid. He earned pocket money killing rats in the cotton and watermelon fields as a young boy. He lived in his grandparents' home when his mother couldn't afford a place of their own, but he never complained about his upbringing. He never voiced any regrets. Pop carried his burdens privately, with grace and dignity.

Unfortunately, I lack the grace and humility that my father-in-law possessed. I cry out in pain when my burdens seem insurmountable. I curse when life doesn't meet my expectations. I rail against real and perceived injustices. My disappointments, my heartaches, my failures become overwhelming. And I often fail to listen to Jesus' words. In my selfishness and solitude, I often lack the empathy to feel others' pain. Then I re-read this Gospel, and I am reminded that I can take comfort in knowing we can all find our rest. Whether we cry out in pain or suffer in silence, we are assured that Jesus will carry our burdens. But here's the catch: turning over our burdens to Christ requires that we carry the load for others as well. Jesus said, *"Take my yoke upon you and learn from me."*

As Christians, we're called to follow Jesus' example of love. Our burdens will be lessened as we join them with Jesus and help carry the load for others.

Take a load off (friend).

And you put the load right on me...

"You will find rest for yourselves.

For my yoke is easy, and my burden light."

Denis Wilhelm is a Partner in Mission with The Sisters of The Most Precious Blood of O'Fallon, Missouri. [Click here to learn more about the Partners in Mission.](#)

This weekly reflection is made available to all who are part of our Precious Blood family. Feel free to share it with others. Would you be willing to write a reflection? If so, please contact Vicky Otto at votto@pbspiritualityinstitute.org