

Rocks

There is an old adage that claims we carry a dead body around. What? What it means is that we have a past full of regret, anger, and sadness. It's a dead body that weighs us down. How hard it must be to carry the weight of those things. It drives some to kill themselves. It drives others to wallow in depression. Some get sick or just angry. Those things are usually stuff that came in the past. They are dead things that can't be changed. However, they can be dropped. You can drop the dead body. There is another adage that we carry a backpack of rocks wherever we go. It's heavy too.

These rocks are points in our lives where something went wrong. Someone said something terrible to you. A business didn't hire you or a perfect job was lost to another. Maybe a relationship went south. Did you survive cancer or lose a leg? Throughout your life are events that seemingly changed you. But, did they? What if these terrible things didn't have the power to change you. What if we let them become rocks? Heavy things that we carry around like a dead body. Each event makes life harder and harder to walk in.

Is it possible that the rocks of burden and regret can plie up if we let it? The quick response is Patrick, you don't know the weight of my mistakes or the actions others did to me. It's almost the first response people give. Yet, don't you know that we all carry rocks? Each one of us has dragged the dead body of despair or sadness around for a time. In reality, we all have experienced the heavy rocks. Those that move on did something most of us don't: they dropped the rocks.

What does God have to say? Jesus said in Matthew 11:28-30 *“Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me,*

for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.” It’s the most common Christian answer. Jesus will take all your burdens. How does God, the Son Jesus, and Holy Spirit do that? They are in heaven and our problems are down here? It comes down to right thinking. Luke 9: 62 says “*No one who puts a hand to the plow and looks back is fit for service in the kingdom of God.*” What Jesus is driving at is dropping the rocks!

Everything in God’s kingdom is future thinking. The burdens we bear are taken away so that we may move on. We are asked not to worry so we can feel the lift of burden. It’s hard to move forward when we let the rocks of the past weigh us down. Yet, we can drop the rock. Yes, we can. I know that this world can weigh on us. How many people say “you can’t?” Are there those who say you should not or you’re not good enough. What if all these things were the rocks we carry. Let’s go one step further. What if these rocks are not yours to carry?

Did it ever occur to you that each time someone hurts you, they are projecting their own hurts on you? Essentially giving you their rocks to carry. A mean word from someone really holds no weight. Yet, if we take that rock then it’s ours to hold. We could be rejected by a loved one. Is that rejection heavy? Only if we take that rock and carry it. Many things happen to us that weigh us down. How many of those rocks did you accept? What if the power of God says drop them right here and now?

Anything that says you are to look at your past is a rock. Those things that ask you to look inside and doubt yourself is a rock. These rocks are any regret, sadness, or loss that wants you to live in the past. Those rocks pile up fast. Did you know that there are no rocks in the future? Why? It’s not happened yet. What if we were not meant to carry those rocks? Instead, we are to be light hearted and light footed as we bound into the future. In the middle east they pile

rocks on the dead. We do the same with tombstones. It's interesting that Jesus said for the dead to bury the dead. It's time to move forward.

We only have so much time. Why carry around the rocks of someone else's bad attitude? Why carry around their insecurities? Then there is you. Why make rejection a rock? If you survive cancer, why make a rock out of it. Was surviving it only to make a rock to carry? I thought it was to live another day? Carrying a rock of sadness? If someone rejects you does that mean the next one will too? Do you really want to carry a rejected rock into another relationship? We pick up rocks and carry them. People pass their rocks to us and we put them in our pile. I thought the whole point of joy and happiness was feeling light hearted?

Each and every day we are confronted with rocks. Will we accept what others say about us? Why do we? Can't we turn the hand over and drop the rock? If something goes wrong then must we forge a rock? What if we moved on to fight another day? Can you win the future while carrying rocks of the past? These rocks are heavy. They distract and slow you down. They say that the simplest answer is usually the best answer. Drop the rocks!