

The Connection



A Weekly Online Newsletter: Edition 888

May 26, 2026

Cast your burden upon the Lord and He will sustain you; He will never allow the righteous to be shaken.
(rf. [Ps. 55:22](#) NASB)

Blessed be the Lord, who daily bears our burden, the God who is our salvation.
(rf. [Ps. 68:19](#) NASB)

Come to Me, all who are weary and heavy-laden, and I will give you rest. 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. For My yoke is easy and My burden is light.
(rf. [Matt. 11:28–30](#) NASB)

Therefore, humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you. (rf. [1Pet. 5:6-7](#) NASB)

We all have burdens that we are bearing. Their weight and “manageability” are the only aspects that differ from person to person. These burdens can be physical in nature, ranging from actually working in a situation where moving things of substance from one place to another is required. Burdens can be psychological as we allow the weight of our responsibilities, duties, concerns and anxieties weigh heavily on our minds, rapidly becoming a distraction to our living a somewhat normal life. These encumbrances can definitely be spiritual, bringing unnecessary gravity to hearts as they overburden us with worry, doubts and fears over all the potential outcomes in the future.

Burdens and worry seem to have an authentic partnership. When our loads become burdensome, our hearts and minds preoccupy themselves with the heaviness. We feel overwhelmed, not possessing the strength necessary to continue. Our vision is clouded by the pressures that we are enduring and our focus gets off-centered. We easily flounder under the affliction of a burden.

As human beings we suffer terribly from trying to shoulder these burdens. Our shoulders were never designed to carry such weight and troubles. The entrance of Sin at the fall of Adam brought to our backs these millstones we so easily try to transport. This is one of the reasons that God sent Jesus on our behalf—to take from us these loads and to deal with them Himself.

Both in the Old Testament ([Ps. 55:22](#)) and in the New ([1Pet. 5:7](#)), we are told to “cast” our cares, our burdens upon Him. He invites us to shift our concerns from our minds and hearts to His loving care. He wants to take these issues from us and solve them Himself by His great wisdom and power.

Our problem is releasing them. Whether it is that we have become too accustomed to shouldering the weight or we have too closely identified ourselves and our self-perception with the load we have been carrying or we just do not trust God enough to handle our cares rightly (or at least the right way according to our own beliefs). We struggle with letting go of them. Even if we metaphorically place them at His feet in time of prayer, how soon do we return to put them on our backs again?

Notice also that the word, “cast” is in the imperative sense in both the Old and New Testaments. Not only is it an invitation, but it is also, more importantly, a command. He declares as our Savior and King that He orders us to give our burdens to Him. He has a lighter “yoke” to place on our shoulders than the burden we are currently carrying. Therefore, He expects us to relinquish our cares to Him and only be concerned with what He has placed on us, namely His love, His grace and His fulfillment of His will in and through us. This should be the “sum total” of care for our hearts and minds.

I heard a song this morning on the way to work that convicted me of this truth. The song by Ellie Holcomb is entitled, “I Will Carry You”. Look it up and listen to it. It reminds us that He wants us to live life with lighter loads. And when we get too worn out from the burdens we have borne, He will not only carry our loads, He will carry us as well.

Pastor Chris

HOPE Calendar

Wednesday, May 27th

Supper at 6:15 pm

At 7 pm the Study of the Church and the Last Days, followed by Prayer

Sunday, May 31st

Trinity Sunday

Worship Team Practice

@ 8:30 am

Worship @ 10:00 am

11:15 am Fellowship

11:30 am Sunday School/

Pastor's AfterChat

Wednesday, June 3rd

No Supper

Bible Study begins at 6:30 pm

followed by Prayer

OPPORTUNITIES TO GROW

Women of HOPE

Meetings generally at HOPE on the second and fourth Saturdays every month from 10 am to Noon.

Next Meeting: June 13th at HOPE Church (with Bible study —See note below)

Raleigh Dream Center Food Pantry

“Food of the Month”

Cereals and Nonperishable Breakfast Foods

The collection bin is in the foyer

Prayer Requests:

Jordan Stevens, Kathy Herriman, Gene and Becky Hale, Erin's parents & brother, Burton, Pastor Chris & Lori King and Jimmy King, Sandi Underwood family, Donna (Joan's friend), Patty Moyer & son, Brandon, Jerry Kinard, Alice Kinard (transplant possibilities), Tom & Donna Williams, Ron Clifton, Phil Parton, Krishana, Sam, Rachel & children, Joan Rollinson, Dianne Reinoso, Cindy, Barbara (stroke), HOPE Children & Youth ministries, Peggy Karpenske, Claudia in Idaho, Dave & Dot Geil, Corbin Broome, Mallory family, Carol and Colin, Tommy, Skip, Loretta, Joan Summers, Janice Worthington, Donna Abel, Pastor Marty & Terry Duffell, Laura Bradshaw (stroke recovery), Tom Klein, Rev. Rob Westlund (shingles), EPC missionaries; all First Responders; future plans & growth (spiritual & numerical) for HOPE Church Raleigh!

Next Sunday's Sermon:

The Apostles Creed (Pt. 3)
(rf. Lk. 1:31-38)
Pastor Chris King

Helping Hands Ministries for May 31, 2026

Live Streaming

Al Floyd

Soundboard

Bill Joyner

ProPresenter

Elizabeth Floyd

Communion Preparation

Elizabeth Floyd

Nursery

Caroline Hutchins/Duart Johnston

Scripture Reading and Communion

Assistant

Ryan Hutchins

Prayer Support

Lynn Joyner

Upcoming Special Events in June:

13th—Men of Hope Cleanup Day. *9am-1pm*

20th—Picnic and Pig-Picking, all food provided, invite friends. *11am-2pm*

21st—Church-wide Father's Day Breakfast. *9 am*

To prepare for next Sunday, click on the link and be blessed!

https://www.youtube.com/watch?v=T5Y8s-Sz_ac&list=RDT5Y8s-Sz_ac&start_radio=1

SERVING OPPORTUNITIES

Meals for Wednesday Night Suppers
Sound Board Volunteers
Nursery Helpers

OPPORTUNITIES TO SERVE

TLC Devotion

On Wed. May 27th at 11 am
@ TLC

HOPE Meal Ministry

Take a meal from the freezer if needed for you or someone else.

Saturday, June 13th, 2026 @ 10 am

Come join the Women of HOPE as they continue in their study based on the book,

Becoming a Woman of Grace,

by Cynthia Heald

If interested, contact Alice Kinard

for further details.

Giving to the Ministry of HOPE:

Online via QR Code



Or on our website:

www.hopechurchraleigh.org

or by check made out to:

“Hope Church Raleigh” and dropped in plate during Communion



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