

MY BURDEN IS LIGHT

Treasured words of divine
inspiration for everyone
as given to
Fr. John Woolley

I Am With You Foundation

Registered Charity No. 1026163

INTRODUCTION

Following the establishment of the much-loved devotional book *I Am With You*, now in constant use throughout the world, further inspiring words (received from our Lord in times of prayer by Fr. John Woolley) are contained in this new volume, *My Burden is Light*.

The life-changing and peace-giving words of the risen Lord Jesus, through His Holy Spirit, are certain to be experienced in this latest companion to *I Am with You*.

The Christian road is often far from easy. What *My Burden is Light* provides is unique help in learning to be calm and strong in very difficult circumstances, and in finding Jesus our Lord a lifelong tower of strength.

As our Lord's word is received, we discover increasingly, that we have a wonderful Friend!

*I know that our Lord will speak to
you through the pages of this book.
I have prayed that many burdens
will be lifted - including those
existing for a long time.*

*Please be unhurried as you dwell
carefully on each page. We can
feel that we are coming to the
true source of peace in this
uncertain world.*

*May the Lord Jesus
(God the Father with us)
bless every moment that
you spend in His word.*

John Woolley

My child, from the
outset I accepted the
burden of a fallen world in order to
bear pain for My children.

My purpose, always, is to bring,
through My sharing, a knowledge of
My love which otherwise would not
be there.

As you look at the Cross, see the
Creator's willing acceptance of the
pain in creation.

Think of the sharing which followed
as not merely for the world, but for
individuals, as each child, through
My own suffering, comes to find
hope.

God so loved the world...

(John 3: 16)

Any turning to Myself
is always, firstly, to
Calvary, where My love most readily
can be seen.

It is here that I take from you the
burdens of fear, and of self-blame,
and it is here that the basis of love is
established for our permanent
relationship.

My child, my *love* dictates that I
cannot look upon you as bowed
down with cares of many kinds.

My *victory* ensures that I can take
your burdens into Myself, and can
then prevent evil from troubling
your spirit.

**For the sake of my sheep
I surrender My life**

(John 10: 15)

My child, not for one moment have you suffered alone, because I truly have upheld you.

My own heart has been deeply hurt by all your experiences of life's pain.

The cost of My sharing in humanity, seen at Calvary ... this is an *involvement* which will never fail you.

Do you see that My love is hurt whenever you are burdened?

This is why I always desire to lift burdens for you.

The world has still to appreciate the depth of My love.

I am the Good Shepherd

(John 10: 14)

As you gaze at the Cross
frequently through
your life, no question need ever
arise about My willingness to
bear everything which, in your
weakness, you cannot bear.

Having watched, with Me, at
Calvary, you can then contemplate
the same love enfolding you now ...
an enfolding which enables you to
be the *child* I always see.

~~~~~

My child, never cease to be grateful  
that in a world with so many trials  
you possess Me!

**There is no greater love than  
when a person lays down  
his life for his friends**

(John 15:13)



**S**o much needless pain results from not accepting My invitation and not allowing Me to bear anxiety, sadness and guilt for you.

My child, always remember that it gives joy to My heart when I am able to shoulder a burden which is proving too much for you. It becomes yet another instance of My love's desire being *fulfilled* ...

Whenever you whisper My name helplessly, it is always a sign that the bond between us is unbroken.

As that helpless child, wrapped around by My love, you are then truly able to *receive*.

**Unless you become  
like children**

(Matthew 18: 3)

**M**y child, I have made clear to you that the only condition for your being free of life's burdens is to accept the 'burden' of merely loving Me and serving Me!

My child, do not underestimate how much your own trust and your attentiveness towards Me is able to lift *My* burden of sorrow over My world. In this way, we are carrying for each other - which constitutes a *true* friendship.

~~~~~

My child, never weary in trusting Me!

My yoke is easy

(Matthew 11:30)

The essential relationship between your creator and yourself is that of Father and child.

In various ways, allow yourself to *be* that child ... in your thinking, and in the simplicity of your actions.

The more a child submits to My love, (resting in it) the more sure will be that child's walk with Me at all other times.

As you bring your burdens to Me, you can take for granted My lifting of those burdens because My love can do no other!

Do not try to 'feel' the sense of your burdens being lifted; instead, simply thank Me, in sheer trust, that all has been taken into My love.

Whatever you ask in prayer, believe that you have it, and it will be so

(Mark 11:24)

When you feel completely unequal to your situation, do not attempt anything except simply throwing yourself upon Me.

Do not be hurried. Remain there, in My arms, until My peace begins its work in your heart.

My child, I again emphasise to you that you are not meant to bear the burdens which life produces, and which are My responsibility.

Whenever you surrender a situation to my working, I want you to instantaneously feel My shouldering of that which you have given to me.

Come to me ...

(Matthew 11: 28)

I want you to know that
if you keep very close to
Me during any time of great testing,
I *hold* you.

I hold you so that you do not break
under the forces which are at work.

Just keep Me there until the storm
begins to subside, as it always will.

Always remember the analogy with
an earthly parent and child.

I am there, like a good parent, to do
for you what you are unable to do
for yourself, supporting your
faltering steps.

I am able to carry you

(Isaiah 46: 4)

My child, if only you
were able to see the
road ahead which you have chosen
to tread with Me!

You would see how that road
differs from all the other roads of
life. My road has far fewer obstacles
compared with others because
many of them (temptations,
discouragements, opposition), have
already been removed for you.

The obstacles remaining are there to
prove your trust in overcoming, and
are in no way wasteful, as are so
many of the hazards of earth.

I am the Way

(John 14: 6)

What I desire for you is
a *permanent* state of
being unburdened!

This will happen for you as my love
fills your consciousness increasingly,
and the sense of your having a
Companion on life's road becomes
instinctive.

This will mean that whenever you
are aware of a burden of the spirit
recurring, then you will (almost
unthinkingly!) simply return it into
My hands.

You will find rest for your soul

(Matthew 11: 29)

The way in which the bearing of your burdens takes place is essentially an *interior* one ...

Deep within your spirit My own spirit is enlarged and the weight which you carry is lifted.

In place of the burden I bequeath to you tranquillity, and the sure hope of My perfect solution.

~~~~~

My child, yes, I do have *all* possibilities within My control. I will *only* permit what I see is best for your life. Are you content that this is so?

Not only My bearing of your every burden, but My carrying of *you*.

**Peace which the world  
cannot give**

(John 14: 27)



**M**y child, so often it  
will be difficult to  
see beyond the darkness.

The starting point for your recovery  
is reminding yourself of something  
which you may temporarily have  
forgotten ... that you have *Me!*

**The Son of Righteousness will rise  
upon you with healing in His wings**

(Malachi 4: 2)

**Y**ou may often feel that  
you simply cannot go on.

It is at such times that I bless even  
the very slightest effort which you  
then bring yourself to make, after  
seeking My strength.

Simply being what you could not be  
without Me!

If there is one place, above all others,  
where you must never lose heart, it  
is when you are upon My road.

~~~~~

My child, you surely have found that
when every aspect of life is uncertain
there is a place of absolute stability...
the *rock* which is your Saviour
and Friend.

**In your weakness, My
strength is made perfect**

(2 Corinthians 12: 9)

My child, when you
tell Me that you feel
afraid, even the very sharing with
Me begins to lessen the fear which
you feel!

Let there be times, often, when you
cease all thought and all anxiety and
allow My love's light to bathe you,
resting in My strengthening arms.

Do not let such occasions be
restricted to crisis periods! Just let
receiving be an indispensable part
of *every* day.

~~~~~

In your times apart with Me, I want  
you to feel yourself sinking deeper  
and deeper into My love!

**I am with you to save you**

(Jeremiah 1:19)

**M**y child, remember to frequently say the trusting words, 'In Your hands'.

This is both a statement of truth,  
and a bringer of peace.

**Blessed is he who  
trusts in the Lord**

(Psalm 16: 20)

**M**y child, for you it must be *a walk in My love* - with that love dominant, and lighting up even the most disturbing elements of life.

My going before you in anticipation of each possible need.

My carrying of your burdens is so that you may be unrestricted in your relationship with Me, so that you may enjoy a real sense of freedom and so that you may *achieve* where previously you have been defeated.

~~~~~

My child, My burden-bearing is, in effect, giving you *permission to live*.

**If I set you free, you
are free indeed**

(John 8: 36)

There is always danger
when the unity within
the Godhead is forgotten.

Your devotion is weakened when the one-ness of the Father and the Son is in any way diminished, as is so often the case with those who endeavour to follow Me.

My child, the look to My love truly is a look to the love of the Father. As 'Lord', I am simply your Father or your Saviour, according to your need. The tenderness of My love must always show you, beyond all doubt, the tenderness of the Father's love.

I and the Father are one

(John 10: 30)

My child, do you look
upon your present
life as barren in worldly terms?

Is there much which you are
tempted to envy in others?

In spite of these things, are you sure
of My love for you?

Are you conscious of being My
chosen?

Then you can thank Me that truly
you are greatly blessed!

**What profit is there in
gaining the whole world?**

(Mark 8: 36)

My child, make sure
that one part of your
thinking never changes ...

... that I can work upon any
circumstance to turn it to good!

When you entrust circumstances to
Me, it will not merely be a case of
My not disappointing you.

Rather, it will be My giving you far
more than you could have expected,
as the response to your trusting Me!

I always wish to bless you
abundantly, irrespective of what
you feel you deserve.

**A good measure, pressed down,
shaken together and running over
... will be poured into your lap**

(Luke 6:38)

Books by Fr. John Woolley

I Am With You
Abide in My Love
My Burden is Light
Many Mansions
Meet Jesus (*for young children*)

and CDs

I Am With You (3-CDs)
It's a Puzzling World
God Chooses the Weak
Hidden in Jesus

are available from
I am with you foundation
0208 883 2665

and
Goodnews Books
15 Barking Close, Luton
Beds UK LU4 9HG
Tel: 01582 571011
or on the secure web site:
www.goodnewsbooks.net

Other books by Fr. John Woolley
are planned for future publishing

**Do not be troubled;
trust in God and trust in Me.
In My Father's house there
are Many Mansions... and
I go to prepare a place for you.**

John 14: 1-3

NOTES

Readers of Fr. John's inspired words may join the ***I Am With You Fellowship***. All in the Fellowship are remembered in prayer and encouraged to write about any need. To join, please send your Christian name, surname, address including post code and telephone number (and email address if possible) to Goodnews Books, 15 Barking Close, Luton, Beds. LU4 9HG, UK, tel: 01582 571010, email: orders@goodnewsbooks.net, or I Am With You Foundation, 2 Lauradale Road, London N2 9LU, UK, tel: 020 8883 2665.

There is no charge for membership

If you have been blessed by Fr. John's books, would you consider supporting the work of the Foundation financially? We desperately need funds to continue the mission to provide free minis for hospital and prison chaplains etc., and you can be sure every penny you may send will be used wisely. Please send donations to the **I Am With You Foundation**, c/o Lucy Walker, 4 Station Road, Lowestoft, Suffolk, NR32 4QF, tel: 01502 514 964, email: lucywalker@fsmail.net. If you are a UK tax payer, please ask for a Gift Aid form so we can reclaim tax you have paid on your gift. Charity Number 1026163. **God Bless you.**

Website: www.iamwithyou.co.uk
Email: contact@iamwithyou.co.uk