

When Jesus was being led out of the city to be crucified, the custom was that the person had to carry their own cross. Jesus was so exhausted from the sleepless night, the suffering and pain of the trial, that He fell down under the weight of the cross. God provided a man named Simon to be there to carry the cross for Jesus.

God is sending us the message that we don't have to be strong all the time. It is okay to feel overwhelmed. Sometimes the weight of what we are carrying gets too heavy. It is then okay to say: "God, I don't think I can do this." When you are down, when you are discouraged, God is not going to leave you like that. He will always have someone to help lift you back up, someone to encourage you, someone to help you carry the load that you cannot carry. If it is not an angel, God will send a person across your path. There will be a Simon to help lift you back up.

Matthew 27:32 "As they were going out, they met a man from Cyrene, named Simon, and they forced him to carry the cross."