

HIS COMMANDMENTS ARE NOT BURDENSOME

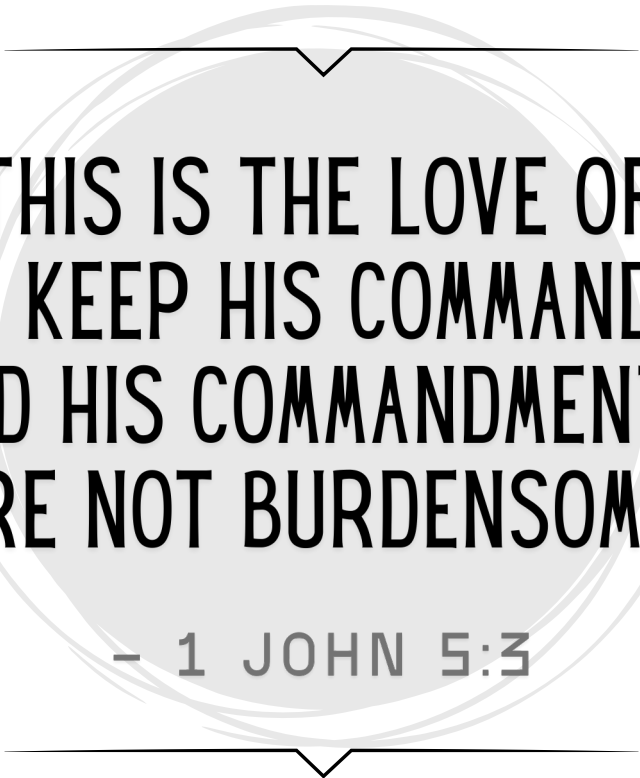
1 John 5:3 – A Visual Reflection for Catholic Parents & Families
a Faith & Family Catholic Bible Podcast Resource



*"They bind heavy burdens, hard to bear,
and lay them on men's shoulders..." — Matthew 23:4*

Have you ever felt like following God is just too hard?

This image represents a common, but false, approach to Christianity: one that emphasizes effort without grace. When faith becomes a list of crushing rules, even the most sincere believers burn out.



"FOR THIS IS THE LOVE OF GOD,
THAT WE KEEP HIS COMMANDMENTS.
AND HIS COMMANDMENTS
ARE NOT BURDENSOME."

– 1 JOHN 5:3

Today, up to 65-80% of Catholic youth stop practicing their faith. One major reason? They find the Christian life burdensome – something they just can't live up to.

But Jesus never meant for it to be this way. He said:

*"Take my yoke upon you...
My yoke is easy, and my burden is light."*
— Matthew 11:29-30

So what's the difference between a faith that crushes
and a faith that gives life?

It's the Holy Spirit.

THE BOY WITH THE HEART

“The Law Written on Our Hearts” (Romans 5:5; Jeremiah 31:33)



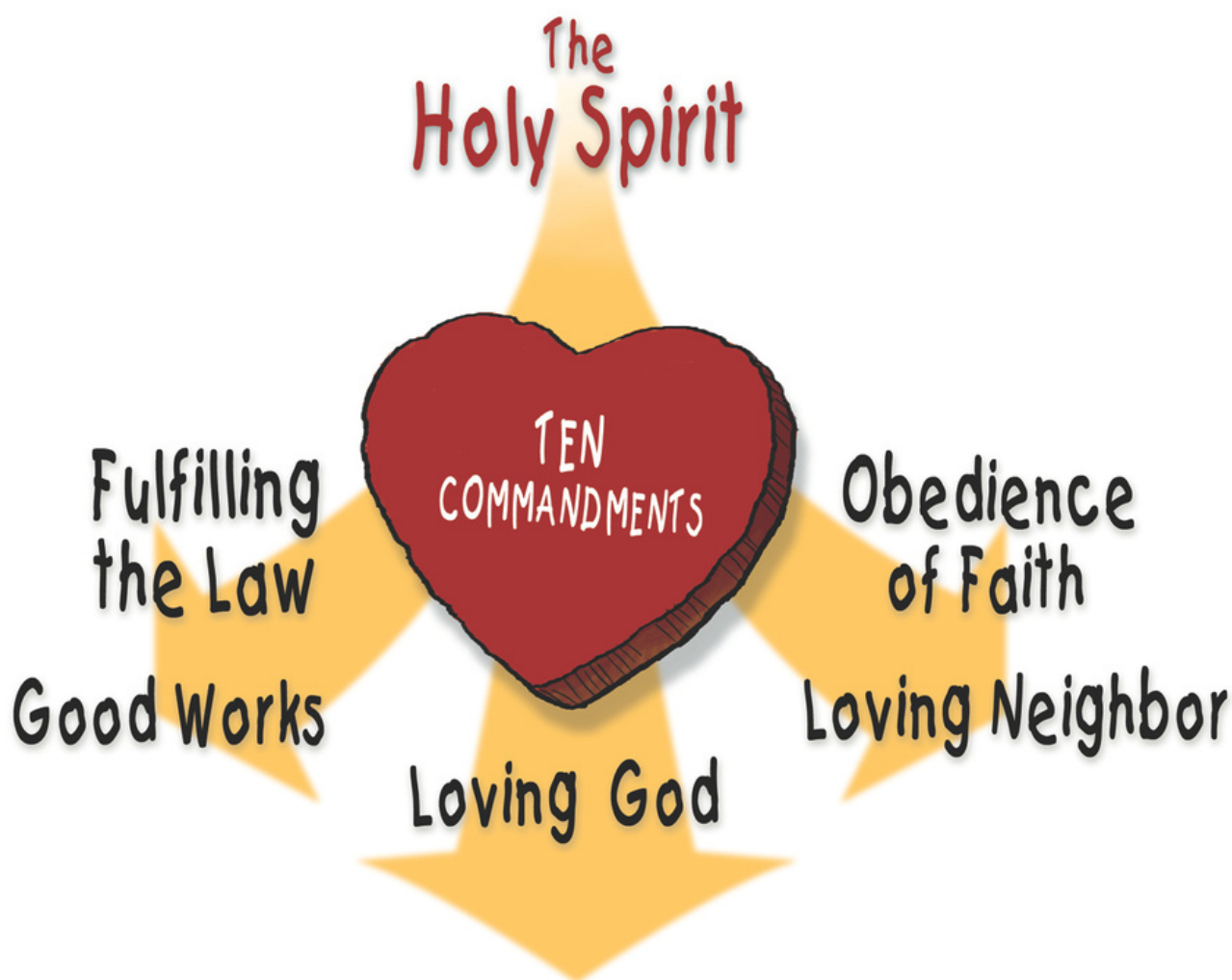
This image shows a boy with the Ten Commandments written on his heart – not carried in his hands. The Holy Spirit has entered his life and made obedience an internal, Spirit-driven response.

Reflection:

Am I inviting the Holy Spirit into my own life and parenting?
Do I show my children that God's commands come from love—not fear?

THE HEART EMPOWERED BY THE SPIRIT

“Love in Action” (Matt 22:37-39; Gal 5:22-25)



This final image illustrates a heart transformed by the Holy Spirit. The commandments are lived through: Loving God – Loving neighbor – Good works – Obedience in faith – Fulfilling the Law

Reflection:

What fruit is my life bearing?

How can I help my children encounter the Spirit and not just rules?

"ONLY WHEN A CHRISTIAN RECOGNIZES THE
SUPERNATURAL POWER THAT FLOWS FROM
BEING IN CHRIST THROUGH THE HOLY SPIRIT
CAN HE MAKE THE EFFORT, WITH A CONFIDENT
HEART, TO LIVE THE CHRISTIAN LIFE."

– CARDINAL CHRISTOPH SCHÖNBORN
GENERAL EDITOR OF THE CATECHISM OF THE CATHOLIC CHURCH



This handout is produced in conjunction with the **Faith & Family Catholic Bible Podcast** on the First Letter of John, starting with *Episode 549*.

Listen to the full podcast episode and explore more resources at:

www.BibleforCatholics.com.

Scripture quotations are from the Revised Standard Version, Catholic Edition (RSVCE).

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