

A photograph of two men on a grassy hill at sunset. One man is leaning forward, reaching out to help another man who is climbing. The scene is backlit by the sun, creating a silhouette effect. The sky is filled with soft, golden light and scattered clouds. The overall mood is one of support and assistance.

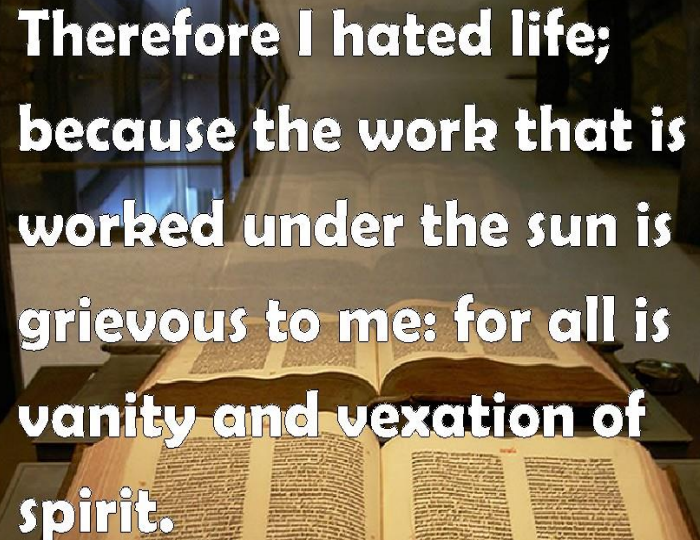
Bearing Burdens

Job 14:1

Introduction

- **Hating life**
 - Ecclesiastes 2:17
- **Material blessings**
 - 1 Timothy 6:7-10
 - Proverbs 30:8-9

How do we handle
the burdens of life?

An open book is shown from a high angle, resting on a dark surface. The pages are filled with text, and the book is slightly open. The background is dark and out of focus.

Therefore I hated life;
because the work that is
worked under the sun is
grievous to me: for all is
vanity and vexation of
spirit.

—Ecclesiastes 2:17

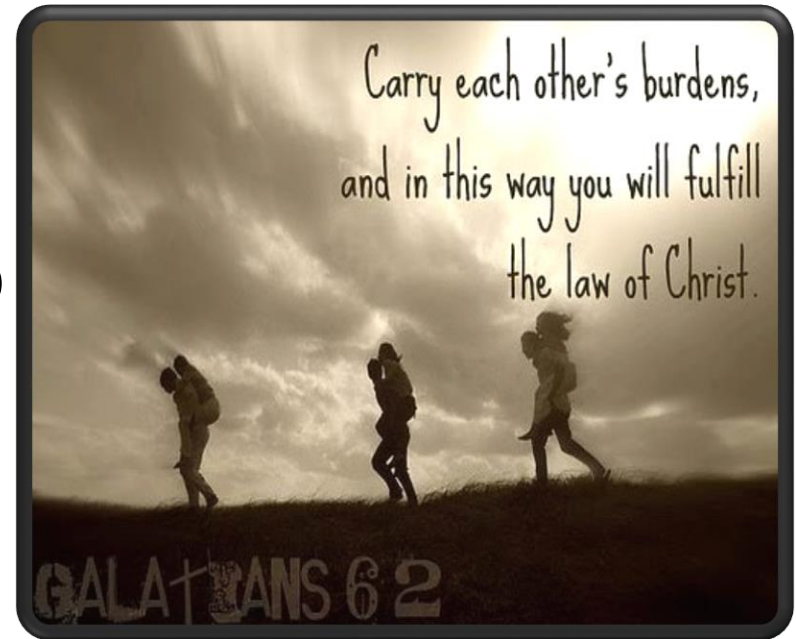
Bear Our Own Burdens

- **Right and wrong**
 - **Hebrews 5:13-14**
- **Consequences of sin**
- **We must face death**
 - **Hebrews 9:27**
- **Appear at the judgment**
 - **Acts 17:30-31**



Help Others Bear Their Burdens

- **A reminder**
 - **Matthew 7:12**
- **God wants us to help**
 - **Romans 15:1**
- **Bible's teaching:**
 - **Galatians 6:1**
 - **1 John 3:16-17**
 - **Ephesians 4:32**
 - **1 Thessalonians 5:11**



Cast Our Burdens on the Lord

- **Give them to the Lord**
 - 1 Peter 5:7
 - Psalms 55:22
 - Hebrews 13:5

**Allow God to
bear our burdens**



Jesus pleads for us to come to Him

Come to Me, all you who labor and are heavy laden, and I will give you rest.

Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.

~Matthew 11:28-30 NKJV

