

Bearing Burdens

Introduction

Job 14:1 "Man who is born of woman is of few days and full of trouble.

1. There may be a time that we get to the point where we hate life:

Ecclesiastes 2:17 Therefore I hated life because the work that was done under the sun was distressing to me, for all is vanity and grasping for the wind.

2. It may be that even the material blessings can be a burden:

1 Timothy 6:7-10

Proverbs 30:8-9 Remove falsehood and lies far from me; Give me neither poverty nor riches— Feed me with the food allotted to me; Lest I be full and deny You, And say, "Who is the LORD?" Or lest I be poor and steal, And profane the name of my God.

3. We all must realize that burdens can be valuable to us:

A. They teach us about life, and develop the best in each of us.

4. However, some burdens seem to be beyond our ability to bear.

5. How are we to handle the burdens of life?

A. Please notice now how God has designed the task of bearing burdens for each of us.

We must bear our own burdens

Galatians 6:5 For each one shall bear his own load.

- 1. Each of us must choose between that which is right and that which is wrong.**

Hebrews 5:13-14 For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe. But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised **to discern both good and evil.**

- 2. We must understand that we bear the consequences of our own sins (prodigal son).**
- 3. There will even come a day when we must face death.**

Hebrews 9:27 And as it is appointed for men to die once, but after this the judgment,

- 4. After death, we must appear at the judgment.**
Acts 17:30-31

We must help others bear their burdens

Galatians 6:2 Bear one another's burdens, and so fulfill the law of Christ.

- 1. The words of Jesus that is recorded in Matthew 7:12 serve as a reminder of how we should be toward others.**

Matthew 7:12 Therefore, whatever you want men to do to you, do also to them, for this is the Law and the Prophets.

- 2. God wants us to help one another – to help others bear burdens.**

Romans 15:1 We then who are strong ought to bear with the scruples of the weak, and not to please ourselves.

- 3. Notice with me a few other New Testament passages that deal in some way with helping others bear their burdens.**

Galatians 6:1 Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted.

1 John 3:16-17 By this we know love, because He laid down His life for us. **And we also ought to lay down our lives for the brethren.** But whoever has this world's goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him?

Ephesians 4:32 And **be kind to one another**, tenderhearted, forgiving one another, even as God in Christ forgave you.

1 Thessalonians 5:11 Therefore **comfort each other** and edify one another, just as you also are doing.

- 4. The bottom line is this: If you make people glad you are living, then when you are dead, they will be sad.**

We are to cast our burdens on the Lord

- 1. There are several passages of scripture that tells us that we should give our burdens over to the Lord:**

1 Peter 5:7 casting all your care upon Him, for He cares for you.

Psalms 55:22 Cast your burden on the LORD, **And He shall sustain you**; He shall never permit the righteous to be moved.

Hebrews 13:5 Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I WILL NEVER LEAVE YOU NOR FORSAKE YOU."

- 2. It is important that we become very well acquainted with God.**

- A. Allow God to bear our burdens.**

- 3. The song we sing encourages us to "take it to the Lord in prayer"**

Conclusion

- 1. Jesus pleads with us to come to Him.**
Matthew 11:28-30
- 2. When we strive to bear our burdens as we go through life; making us stronger, helping others bear their burdens, and allowing God to bear our burdens, then we will have "peace of mind" as we live day by day.**

