

What To Do With Your Burdens

Text - Galatians 6:1-5

Introduction: It is often that, as I sit on the platform, I look out at our people and think of the burdens they may be carrying. It is then that I pray for them and ask God to soften my heart toward them as well. What burden might they be carrying today?

We all have burdens. Some have a **physical** handicap, chronic sickness, or some abnormality you cannot change. Some have **spiritual** burdens. It may be that "Hurricane-Category 9" has struck and the surge of sin has soaked your soul, and you are suffering spiritual consequences. Some have **emotional** burdens like depression or anxiety, a heartache over some loss, or a financial reversal.

We *all* have problems and cares that weigh us down like a burden on the back.

We don't all have wealth, health, children, hair!] but we all have burdens.

Every day of life brings to us its own mixture of burdens, and we will be blessed to know God's answer to the question, "What do I do with my burdens?"

1. BURDENS ARE TO BE SHARED [BY OTHERS]... not necessarily WITH.... you don't have to talk or tell every burden to others but you may need help carrying it...

v. 2 *Examples of burdens to be shared:* Faults and failures of others

v. 1 When a fellow believer **stumbles** and falls into sin [not those who CHOOSE to live in sin], rather than pointing accusing fingers or shooting our wounded, we should reach down and give them a helping hand to lift them up, and help them get back on track.

v. 2-3 The thing which will keep us from doing v. 2, is to think we are above ever needing this help. There are people like that...they feel they are God's gift to the church and to humanity, and actually feel good about themselves when others fall...which is self-righteousness, or "value by comparison." This is self-deception.

NOTE—preacher was preaching on this theme, and asked if anyone had ever heard of a perfect person / man in back raised his hand / "**I don't know him, but I've heard a lot about him...my wife's 1st husband!**"

· Sorrow and grief

At any given time we have someone under a heavy load of grief. Tragedy,

sorrow, disappointment, depression, and grief will eventually visit the house of every person.

This is one reason God allows sorrows to come to us...so we can be comforted, and then in turn comfort others in need once we've been thru it. II Cor. 1:4

Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

III.—George W. Truett, 1st Baptist of Dallas years ago told of a lady in his church who had a baby who died. He tried and tried but could not comfort the woman. Hours of counsel didn't do it. But then he remembered another lady in the church who had been thru it before. He enlisted her help, and she did more in 5 minutes than he ever did.

That's v. 2... now look at v. 5...it almost seems contradictory. But I believe this is talking about 2 different kinds of burdens. Some are to be shared but other...

2. BURDENS ARE TO BE SHOULDERED [ALONE]

v. 5 There are some burdens which no one else can help you with.

Examples of burdens to be shouldered:

· Consequences of personal sin

We live in a day and time in which people want to sin and ignore the consequences. [avoid them]... The attitude today is: "it's not your fault...it's the way your parents raised you." [Dominating mother/rejecting father/momma gave you oats too early/made you play with dollies/what your "ex" did to you or your boss, etc.]

When you take on this attitude too far, you are shrugging off all personal responsibility for your life...you develop a victim's mentality and everything is someone else's fault.

III.—St. Louis Post-Dispatch reported that killers become killers for 2 reasons:

1. A difficult delivery at birth
2. They were rejected by their mother

The article went on to say that if forceps were used on you when you were born you have a higher likelihood to kill people one day! I understand that certain things in our past can "predispose" us to certain things, but we still make our choices, and when we make our bed, we have to sleep in it!

Your parent's lifestyle may have exposed you to adultery [anger, lying, gossip], but you still have a choice to make when tempted w/ immorality. We can rise above it and break the cycle if we want to, with God's help. We can choose to

sin, but we cannot choose the consequences!

· Judgment... Hebrews 9:27

And as it is appointed unto men once to die, but after this the judgment:

Everyone here will someday stand before God...alone! I cannot stand with you and no one with me. Your parents won't be beside you nor your attorney. We will all have to give an account. The saved will be secure, but we still will have to answer at our judgment. Thank God, the Christian's sin has already been judged at Calvary, but we will give an account for how carefully or how carelessly we lived our Christian life. Some will suffer loss. If you think you can live a haphazard Christian life and get away with it you are badly, sadly mistaken.

Our service will be judged, our stewardship, our motives, and then rewards will be given for that which was done truly for Christ, who knows the heart.

The lost will have no hope at their judgment. They will stand before God w/ the burden of sin still on their back. There's only 1 sin for which a person will go to hell...the sin of rejecting Jesus Christ as Savior. If you need to be saved today and you reject the opportunity, you are inviting this scene to take place, alone before God, and you and your burden will be cast into the lake of fire.

3. BURDENS ARE TO BE SHED

Psalm 55:22

Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.

Jesus is our great burden bearer. Sometimes we cling to a burden and try to carry it ourselves. We can be deceived into thinking God wants us to carry something by ourselves as if we are somehow serving God by doing so...but some burdens He wants to carry for us, if we'll let Him.

Matthew 11:28-30

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.

For some reason sometimes, we feel like we can make it ourselves. But there are times when we need to let go and let God!

One of these two things will happen when we cast our burden on the Lord:

The Lord will lift the burden

I've seen people have a health need, and they pray, and it goes away. Financial need...and God provides the money. It's always great when that's how it happens. But that's not always how God works...

Look again at Ps. 55:22 which says, "and He shall sustain it" ??? No, "He shall sustain *thee*." Sometimes the Lord doesn't lift the burden...sometimes

The Lord will lift you [pick him up]

The Apostle Paul is an example of this. 3 times He asked God to lift a burden he was carrying. We preach about it and say that God's answer was "no, but I'll give you grace". But really, 3 times God said "yes...I'll lift that burden, and you too!"

Some of you are getting bitter toward God because you've asked Him to lift your burden and it doesn't seem that He has...but please realize it may be His will to lift you up, and carry you and that burden through it all. But when we throw a perpetual pity party we don't allow Him to carry us or the burden either! **"He shall sustain THEE!"**

ILL.—man walking down road w/ big sack of potatoes on his shoulder / so heavy, sweat on his brow / somebody pulled up in a pickup truck and offered him a ride / climbed in, but kept sack on his shoulder / after a while the driver looked over and said, "man, put that sack in the floor and relax" / he replied, "no sir, I'll not do it...it's enough that you'd carry me to town, I'm not gonna ask you to carry these taters!"

Some of you today are carrying a burden the Lord never intended you to carry...but you seem to insist!

***"I must tell Jesus, all of my trials,
I cannot bear these burdens alone
in my distress He kindly will help me,
He ever loves and cares for His own."***