

Burdens: How Are We To Deal With Them?

- I. Introduction:
 - a. (**Job 14:1**) “Man that is born of a woman is of few days, and full of trouble.”
 - i. Troubles and burdens is just a part of life
 - ii. No matter our situation:
 - 1. Poor
 - 2. Rich
 - 3. Sinner
 - 4. Saint
 - iii. All mankind have burdens
 - 1. Both Spiritual burdens and physical burdens
 - b. How do the Scriptures teach us to deal with our burdens?
- II. Types of ‘Burdens’ in the scriptures
 - a. (**Gal 6:1-5**) “Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's **burdens**, and so fulfil the law of Christ. For if a man think himself to be something, when he is nothing, he deceiveth himself. But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another. For every man shall bear his own **burden**.”
 - i. Burdens – Troubles and Heavy Hardships regardless of wealth:
 - 1. Trials
 - 2. Weaknesses and Sickness (Spiritual or Physical)
 - ii. Burden – Your Duty, Job, or Work
- III. How do we deal with the burdens of Trials and Weaknesses
 - a. (**Gal 6:2**) “Bear ye one another's burdens, and so fulfil the law of Christ.”
 - b. (**Gal 6:1**) “Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.”
 - i. This was said as opposed by (**Gal 5:26**) “Let us not be desirous of vain glory, provoking one another, envying one another.”
 - ii. Instead of envying one another – hoping others to fall – we must bear one another’s burdens
 - c. “If a man be overtaken in a fault” – Strong help the weak!
 - d. “Considering Ourselves”
 - i. Put yourself in the their shoes
 - ii. Think of the circumstances
 - iii. Approach them in meekness NOT in the self-righteous spirit of “I would never do that”...
 - 1. Peter – (**Matt 26:33**) “Peter answered and said unto him, Though **all men shall be offended** because of thee, yet will **I never be offended**.”
 - e. (**Rom 15:1**) “We then that are strong ought to bear the infirmities of the weak, and not to please ourselves.”

- i. This is speaking of not causing a weaker brother to stumble by doing things that he deemed wrong! – sacrificing self pleasure for the preservation of a weaker brother
 - ii. The Strong helping the Weak
 - f. These trials and weaknesses in this context are brought on by trespasses, but the principle still remains for our physical troubles and heavy hardships
 - g. We are one body
 - i. **(1 Cor 12:26-27)** “And whether one member suffer, all the members suffer with it; or one member be honored, all the members rejoice with it. Now ye are the body of Christ, and members in particular.”
 - 1. When one stubs a toe, his whole body cries in pain
 - 2. When one of the members of the church suffers we all suffer. If one is honored, we all rejoice.
 - ii. **(Rom 12:15)** “Rejoice with them that do rejoice, and weep with them that weep.”
 - iii. **(1 Peter 3:8-9)** “Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous: Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.”
 - h. Some ways that we can bear one another’s burdens
 - i. Live the right kind of life
 - 1. **(Matt 5:14-16)** “Ye are the light of the world. A city that is set on an hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”
 - 2. William E. Gladstone – “One example is worth a thousand arguments.”
 - 3. Ten righteous people would have saved the whole city of Sodom
 - ii. Help your brother and sister by believing in them
 - 1. **(Matt 18:21-22)** “Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.”
 - 2. **(Matt 9:9)** “And as Jesus passed forth from thence, he saw a man, named Matthew, sitting at the receipt of custom: and he saith unto him, Follow me. And he arose, and followed him.”
 - a. Matthew followed Jesus because Jesus asked him to
 - 3. **(Luke 19:5-6)** “And when Jesus came to the place, he looked up, and saw him, and said unto him, Zacchaeus,

make haste, and come down; for to day I must abide at thy house. And he made haste, and came down, and received him joyfully.”

- a. Zacchaeus was told to make haste and come down – He did it!

iii. Encourage your brother and sister

1. (**Acts 14:21-22**) “And when they had preached the gospel to that city, and had taught many, they returned again to Lystra, and to Iconium, and Antioch, Confirming the souls of the disciples, **and exhorting them to continue in the faith**, and that we must through much tribulation enter into the kingdom of God.”
2. A discourager is a miserable person indeed! – Sinful action
3. (**Heb 10:24-25**) “And let us **consider one another** to provoke unto **love** and to **good works**: Not forsaking the assembling of ourselves together, as the manner of some is; but **exhorting one another**: and so much the more, as ye see the day approaching.”

IV. How do we deal with our burden of our work or duty?

- a. (**Gal 6:5**) “For every man shall bear his own burden.”
 - i. We are responsible for our own work and your own life
 1. Born alone – Die alone
 - ii. Jesus teaches “...to every man his work...” (**Mark 13:34**)
 - iii. We all have our own work or duty to carry out.
- b. How do we deal with our burden of our work? We must bear them!
- c. No one can obey the gospel for you.
 - i. (**Acts 2:40**) “...Save yourselves from this untoward generation.”
 - ii. (**Phil 2:12**) “...work out your own salvation with fear and trembling.”
- d. No one can stand at the judgment bar of God – Must give an account of yourself
 - i. (**Rom 14:11-12**) “For it is written, As I live, saith the Lord, every knee shall bow to me, and every tongue shall confess to God. So then every one of us shall give account of himself to God.”

V. How do we deal with our burdens? Cast them on the Lord!

- a. (**Ps 55:22**) “Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.”
 - i. How will God sustain us?
 1. He may take the burden away
 2. He may give us the strength to bear it
- b. Examples:
 - i. Daniel (**Daniel 6**)
 1. Had to endure the lions’ den – God shut the mouths of the lions
 - ii. The three Hebrew children - Shadrach, Meshach, and Abednego (**Daniel 3**)

1. Had to endure the furnace – Flames did not even burn their clothes – not even the smell of smoke!
- iii. Jesus
 1. Had to endure the cross
 2. Jesus prayed, “O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.” (**Matt 26:39**)
 - a. Wasn’t possible to let it pass – But God gave Jesus the strength to bear it
- iv. Paul
 1. (**2 Cor 12:7-9**) “And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.”
- v. You and Me
 1. (**Phil 4:6-7**) “Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”
- c. Spiritually – Burden – Sin
 - i. (**Ps 55:22**) “Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.”
 - ii. (**Matt 11:28**) “Come unto me, all ye that labour and are heavy laden, and I will give you rest.”
 1. Rest – Spiritual rest
- d. (**Matt 11:29-30**) “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.”
- e. We take up the light burden of Christ and He removes our heavy burdens of sin and death
 - i. (**Matt 16:24**) “If any man will come after me, let him deny himself, and take up his cross, and follow me.”
 - ii. Deny yourself and obey God’s will today – Let Christ carry the heavy burden of sin
 1. (**1 Peter 2:24**) “Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.”