

Sermon Notes – 05.07.2017 - What to Do About Burdens

Burdens – Sin, Hindrances, Cares, Temptations, Requirements, Responsibilities, troubles, Struggles, Trials, Tribulations, Grievs and Sorrows, Burdensome People

Some are a good thing – Even if they are painful or hard to bear

James 1:2-4 Consider it all joy, my brethren, when you encounter various trials, **3** knowing that the testing of your faith produces endurance. **4** And let endurance have *its* perfect result, so that you may be perfect and complete, lacking in nothing.

Some are a bad thing that we want to be rid of as quickly as possible

Proverbs 6:2-5 *If you have been snared with the words of your mouth, Have been caught with the words of your mouth,* **3** Do this then, my son, and deliver yourself; Since you have come into the hand of your neighbor, Go, humble yourself, and importune your neighbor. **4** Give no sleep to your eyes, Nor slumber to your eyelids; **5** Deliver yourself like a gazelle from *the hunter's* hand And like a bird from the hand of the fowler.

We All Have Them – And Our First Reaction to Them Isn't Always Good

John 16:33 "These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, **but take courage; I have overcome the world.**"

2 Timothy 3:12 Indeed, all who desire to live godly in Christ Jesus will be persecuted.

2 Timothy 2:24-26 The Lord's bond-servant must not be quarrelsome, but be kind to all, able to teach, patient when wronged, **25** with gentleness correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth, **26** and they may come to their senses *and escape* from the snare of the devil, having been held captive by him to do his will.

Ephesians 4:29-32 Let no unwholesome word proceed from your mouth, but only such *a word* as is good for edification according to the need *of the moment*, so that it will give grace to those who hear. **30** Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. **31** Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. **32** Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

There are different kinds of burdens

**Avoidable and Unavoidable / Necessary and Unnecessary
Of God & Of Our Flesh**

1 Peter 3:17 For it is better, if God should will it so, that you suffer for doing what is right **rather than for doing what is wrong.**

1 Peter 4:19 Therefore, those also who suffer according to the will of God shall entrust their souls to a faithful Creator in doing what is right.

Of the Devil

1 Peter 5:8-10 Be of sober *spirit*, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. **9** But resist him, firm in *your* faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world. **10** After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen *and* establish you.

Ones that we should carry & Ones we should seek to be released from

will Himself perfect, confirm, strengthen and establish you.

Ones that we should carry & Ones we should seek to be released from
God is merciful – He will be with you in life & In Suffering – Even till the end

John 14:18 "I will not leave you as orphans; I will come to you.

Matthew 28:20 teaching them to observe all that I commanded you; **and lo, I am with you always, even to the end of the age."**

Hebrews 13:5-6 *Make sure that* your character is free from the love of money, being content with what you have; for **He Himself has said, "I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU," 6** so that we confidently say, **"THE LORD IS MY HELPER, I WILL NOT BE AFRAID. WHAT WILL MAN DO TO ME?"**

I don't think God ever intended for those that are His to be completely without Joy – Jesus, in Gethsemane, sweating drops of blood is described as having "joy set before Him."

Hebrews 12:1-3 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, 2 fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. 3 For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

Romans 12:10-15 *Be* devoted to one another in brotherly love; give preference to one another in honor; **11** not lagging behind in diligence, fervent in spirit, serving the Lord; **12** rejoicing in hope, persevering in tribulation, devoted to prayer, **13** contributing to the needs of the saints, practicing hospitality. **14** Bless those who persecute you; bless and do not curse. **15 Rejoice with those who rejoice, and weep with those who weep.**

1 Corinthians 12:26 And **if one member suffers, all the members suffer with it; if one member is honored, all the members rejoice with it.**

Phillippians 4:4 Rejoice in the Lord always; again I will say, rejoice!

- This is written by Paul from Prison