

**Go For God World.**  
**Sermon No 7**  
**When Burdens Come our way**



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## **Bible Reading Psalm 55V22**

*Cast thy burdens upon the Lord, and He shall sustain you.  
He shall never suffer the righteous to be moved. Amen*

B&S Right away, all of us and each and everyone of us, we have to carry burdens sometime. Sometime in our life burdens will come our way, will come your way. Admittedly some burdens, some people go through heavier trials and testing's, heavier burdens, much heavier than others. This is a world full of troubles, the Lord Jesus Christ said to carry your cross every day for Him. It's a burden bearing world, Sorrow, Situations, Troubles, they can suddenly come to each and everyone of us.

It says in Job 5v7. *Yet man is born unto trouble as the sparks fly upwards. I would seek unto God, and unto God would I commit my cause.* I can understand Job, many a time problems and situations you have committed your cause to the Lord.

Not understanding it. We all know about Job, we all know about the life that he led, his troubles and situations, and none of us, none of us would like to be tried or tested or experience the burdens that Job suffered, that, that man experienced.

Yet we can feel our own broken heart. Again it states in the book of Job Ch14v1. *Man that is born of woman is of few days, and full of trouble.* What does Job mean by that, a few days ? You see B&S Job is considering the lifespan of a person, weather it is long or weather it is short. He is comparing it to eternity.

If you live to you are a 100 years, he's looking at a few days in relation to eternity. It's a matter a fact it says in Psalm 39v5.

In relation to God it says. *The span of My years are as nothing before you, for each mans life is but a breath.*

Weather it is 20, 30, 40, 50, 100 or as the Old Testament saints away at the very beginning, when they lived to 600, 700, and 800 years. What God is saying here, it is only a breath, in comparison to Him in eternity. Do you know the Spanish have a proverb which says. **There is no home anywhere which sooner or later does not have their HUSH.** It is true that some people have to carry heavier burdens than others. Not all burdens are open, not all of them are the same, not all of them are visible. Some are hidden, do friends know about you?

They may be close, but yet they don't know you that well, that you are carrying such a heavy burden within yourself.

B&S. Many a breaking heart is hidden behind a false face, hidden behind a smile, and often the deepest and the hardest of burdens are carried by men and women which are not seen.

And all this is true to the Christian and the unbeliever, the none Christian. Because you belong to God, that doesn't make your burdens any easier. It doesn't make them any lighter.

When your bad day arrives and you are crying inwardly?

*Many are the afflictions of the righteous, but, and it's a BIG BUT  
But the Lord delivers him out of them all* Psalm 34V19

Our Bible verse was from Psalm 55v22

It's a Psalm containing a cry B&S against deceitful friends.

There are 23 verses in Psalm 55, the text that I chose was verse 22. A serious reading of this Psalm you will soon notice that the writer David he was a very burdened man, he was let down by a friend in church, shoulder to shoulder, close to him.

Read the Psalm. There is one word in verse 5 that emphasizes the heaviness which is in his heart and that word is Overwhelmed.

*And horror has overwhelmed me.* Horror is a scary word and that is prefixed before *horror has overwhelmed me.*

We know and we understand that God's ways are not our ways and His thoughts are not our thoughts, and we question and we don't know why this burden. People carry all kinds of different burdens, burdens to do with family, home. **Is Home always home sweet home?** No I don't think so, husbands, wives, sons, daughters, grandchildren, Mothers , Fathers can be cause of your burden. There can be a burden of struggle, trying to make ends meet, not enough finance, not enough money causes debt problems. Your friends can cause you burdens, bringing grief, stealing your joy, friends that let you down. You can have burdens connected with the Lord's work, **YEP**, the Lord's work, It is not always easy. After Paul described all of his difficult times, the outward ones that you can see, all of his hard times, his hardships in 2nd Corinthians Ch11 he said in verse 28. *Besides those things which are without,* In other wards those things that can be seen, besides all of those, *that which come upon me daily, is the care of the churches.* Caring about the churches and the

People in the churches. There is physical burdens, I would often say to people an itch is a bad thing if it is your itch.

You get a bad enough itch and you could scratch the foot of yourself, you could scratch the hand of yourself, down on your hands and knees praying Lord take away this itch.

Now you might think an itch is a simple thing, It's only an itch, but if it is your itch it can drive you crazy. Oh there is a lot more worse diseases, but I think you know what I mean, and where I am coming from. There is the burden of discontentment, and it makes us prone to fear, anxiety, worry depression you can't settle. Even in a church, your looking for something that is right under your nose, but you can't see it, you can't find it because your burdened or your discontented, There is the burden of loss, death, bereavement. Martha and Mary said to Jesus.

*if you had been here my brother would not have died.*

They were angry at Him because He wasn't there.

What do we do to comfort one another through bereavement?

In John 11v19 it says. And many of the Jews came to Martha and Mary to comfort them concerning their brother. Now that's nice, but Isn't that what we do, Isn't that what pastor ..... Does?

Isn't that what I do or at least try to do?

There can be a burden of disappointment. Where you ever expecting something, something really good to happen your looking forward to it your praying for it and then suddenly BANG. Your balloon bursts, it doesn't work out the way you wanted it to work out then you become disappointed.

But B& S There is a burden which is much, much more heavier than them all, all of them put together, the burden of sin.

You see all of those other burdens that I spoke about, they can all be lifted at Calvary, Calvary covers them all. A heavy burden of an unruly tongue, an uncontrolled temper, a lying tongue, deceit, evil intentions, Calvary can remove them all from us.

Paul could still look back and remember what type of person that he was. I do that and I shouldn't, I do that.

My wife was up in Tigers Bay last Friday night and she gave a wonderful testimony, but it brought a lot back to my memory.

Paul said *O Wretched man that I am*. But Paul should have said, O Wretched man that I WAS. Because he confessed his sins and he was forgiven, his slate was wiped clean, But you understand and I understand exactly what Paul meant when he said

O Wretched man that I am, because we can all look and examine ourselves and see our own weaknesses and our own failures.

There are so many burdens which can come in small and large packages, what are we to do with those burdens?

**In this Psalm** we are told several things which we are not to do in relation to our burden. Number 1 Do not doubt God.

We learn from verse one, how easily a doubt attacks us when trouble comes. Oh the devil will try to have his field day, but we must never doubt God, you see no relief can be found that way, it only increases your trouble, it only increases your situation doubt only adds to what is already there. Number 2 There is the temptation to complain and indulge in self piety.

You know, The Poor Me's the truth is B&S most people like to hear good news. Normally people will listen to your problems or to your complaining, but the truth is, you are not doing yourself any favours. A burdened shared is not a burdened halved.

That is nonsense, there is no relief for you from your burdens by complaining or self piety party for yourself. Every person has got their own cross to bear. Number 3 Is to protect yourself from despair, there is no doubt that verses 4-5 describe a man who is in great despair, But again there is no relief from a burdens by getting into this condition. Number 4 You cannot run away from your burdens, they are there, they are with you, they are like your shadow, they become part of you. Now you might think, Stop the world I want to get off, but unfortunately your burdens will get off with you. And the truth is B&S the world is not going to stop for you . Verse 6 -7 you can wander off and remain in the wilderness, but you cannot escape them. No one likes burdens. So how than can we find relief when our heavy burdens come upon us? What should we do with these burdens?

We must learn to accept them from the Lord.

You see the word burden is a scary word, and you may ask the question, **why do bad things happen to good people?**

Some situations that is hard to answer and hard to understand and really can't be answered, but Does anything really go unnoticed before the Lord, is there anything that He doesn't know about? Sometimes God allows our burdens to draw us closer to Him. In Verse 19 of Psalm 55 it says.

*God will hear and afflict them, even he who abides from old, because they do not change, therefore they do not fear God.* Sometimes we may get neglectful towards the Lord, lazy, and slothful, we need to be drawn back. And that is why I warn against taking God for granted, never take God for granted, taking things too smoothly, slackening in your Christian attitudes. We are to cast out burdens upon the Lord, now cast means fling, hurl, throw, pitch, In other words what the Psalmist is saying, action is required, make an effort.

Joseph was placed in a pit, a prison, Daniel was cast into the Lions Den, the 3 Hebrew children were cast into the fiery furnace, Jonah was cast into the sea, John the Baptist was cast into a dungeon, and the good news is, the devil will be cast into the **Lake of Fire**, and you and I are to cast our burdens upon the **Lord**. *Cast thy burdens upon the Lord and He shall sustain you.* And then the verse goes on to say, He shall NEVER, this is an eternal security verse, He shall never suffer the righteous to be moved. And we must never forget His gracious word to the sinner and to the saint in Matthew Ch11v28, *Come to Me all you who labour and are heavy laden and I will give you rest, take My yoke upon you and learn of Me, for I am gentle and lowly in heart, and you will find rest for your soul.*

*For My yoke is easy and My burden is light. Amen*

In our burdens and in our weakness we may prove His strength, and all of His sufficiency, holding you up day after day, after day repairing things one step at a time, bit by bit, by bit.

He is still working on you, keeping you, lifting you, healing you.

He wants us to understand that **We Can't, But He Can.**

Paul had a thorn in the flesh and he asked the Lord to remove it from him, and the Lord wouldn't do it, He said My Grace is sufficient. I remember B&S questioning the Lord about that, and asking the Lord why? Knowing the changed man that he was, and the love that he had for the Lord. You see he became an Ambassador to **Jesus Christ**. Do you remember the story of Job? *And there was a day when the angels went to present themselves before the Lord and Satan was among them, the devil was among them, What for? To ask permission to destroy Job, **WHY** Because he was the greatest man on all the Earth, he loved the Lord, and the Lord allowed it. But the Lord also knew before the testing's and trials were over that Job wouldn't fail.*

You see that is a picture that the devil is approaching God maybe on your behalf, maybe on my behalf, and these things comes upon us, and we don't know what's going on in the heaven lies. And I asked the Lord, Lord why did You not take Paul's thorn in his flesh away from him? Do you know what His answer was? Because the devil is at Me all the time to give him a heavier one, a worst one, he can live with that one, and he can bear that one and My grace is sufficient for him. **WOW.** Paul wouldn't have known that, you wouldn't have known that, but that was the answer that I got when I questioned the Lord about it.

B&S Listen, see whatever you cast upon the Lord, let Him carry it When you give it to Him, We are to leave our burdens with the Lord.

And once we cast our burden upon the Lord, He assumes full responsibility for it. His promise is to sustain us, to uphold us. That is how you can manage to continue on even though it seems to be heavy. He shall sustain you and more. He shall never suffer the righteous to be moved, He will never leave you and He will never forsake you, He is a wonderful God That love you more, more than you will ever understand. Amen. Let us Pray.

# **JESUS**

**J. Is for Jesus, It's a Wonderful Name**

**E. Is for everything that Jesus proclaims**

**S. Is for Salvation. It's His gift to YOU**

**U. Is for YOU, accept it please do**

**S. Is for Saviour, there is only one.**

**His name is JESUS, He is God's only son.**

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