

LETTING CHRIST BE YOUR BURDEN BEARER

Scripture: Matthew 11:28-30
Galatians 6:2
1 Peter 5:7

Introduction

Through out the scripture, God lets us know that he does not want us to be burdened with our cares. Rather, he wants to carry our load of cares, hurts, griefs, failures and disappointments. To have Him be our burden bearer, we must:

I. Learn to trust Him

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

Proverbs 3:5-6 NIV

- A. Learn what the Bible declares about his trustworthiness
- B. Reflect on His care for the heroes of scripture
- C. Recall the times he has carried you
- D. Determine whether the times you thought he failed you were really His failures
 1. Were you under discipline
 2. Were you in His will
 3. Was there a lesson He wanted to teach you

II. Learn to communitate your need to Him

Cast all your anxiety on him because he cares for you.

1 Peter 5:7 NIV

Cast your cares (burdens KJV) on the Lord and he will sustain you; he will never let the righteous fall.

Psalms 55:22 NIV

- A. Prayer is simply communicating with God
- B. Address what you know of the problem
- C. Direct God's attention to the problem
- D. Don't interfere with God's working

III. Realize he wants to carry our load

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Matthew 11:28-30 NIV

- A. Become yoked with him
 - 1. Let your path merge with his path
 - 2. Learn from him
- B. Allow him to handle problems