

## BURDENS OF LIFE

Gal. 6:2-5; Psa. 55:22

### INTRODUCTION:

- A. Fate of all men to have burdens 2Cor. 5:4
- B. Burdens are not always visible - consequently we need restraint and charity in our judgments of others
- C. Lets examine the two concepts or two burdens listed in Gal. 6:2, 5 and also one found in Psa 55:22, 1Pet. 5:7

### DISCUSSION:

#### I. **SELF ASSISTANCE (Every man shall bear his own burden) Gal. 6:5**

- A. Some burdens are non-transferable
- B. The word Burden in this' verse is from the Greek word PHORTION which means pack - something to be borne, without reference to its weight - Mat 11:30 Burden (portion) of Christ is light
- C. Each individual has his own responsibility or work
  1. No one can obey the gospel for you 2Thess 1:8
  2. No one can do what you are able to do as a Christian for you Matt 25
  3. No one can answer for you at the judgment 2Cor 5:10; Rom 14:12
- D. It is foolish for one to try to get lost in the crowd and hide behind others to avoid his own burdens Heb 4:13

#### II. **MUTUAL ASSISTANCE (Bear ye one another's burdens) Gal. 6:2**

- A. Some burdens are to be shared with others Phil. 2:4
- B. Burden here from (Baros) denotes a weight anything pressing on one physically or that Makes a demand on one's resources whether physical or spiritual
- C. The key to verse 2 is in verse 1
  1. We should seek to help or restore those who have gone astray - not denounce or try to keep them down
  2. Restore - to set in joint again - as a doctor would a dislocated bone
- D. In what spirit - meekness ( not in wrath but gentle)
  1. Many reproofs lose their effectiveness when given in the wrong spirit
  2. When given with loving concern with the proper attitude they will help bear the burden

- E. This burden also includes other types of burdens
  1. Burden of sorrow Rom 12:15; 1Cor 12:26
    - a. visit them, help them when we can
    - b. Can't take their burden (stand in their place) but we can show them our interest in their sorrow
  2. Need for material things Jas 1:27; 2:15,16
    - a. Must show interest here also James 2 is talking to the same individual as James 1
    - b. Opportunity and ability governs our Responsibility
  3. Burden of sin (bond servant Rom 6:17 – Weight Heb 12:1)
    - a. teaching 2Tim 2:2; Matt 28:19, 20
    - b. Warning the unruly 1Thess 5:14
    - c. Pray for the lost Matt 5:44
  4. Burden of leadership
    - a. Elders Heb 13:17
    - b. Preachers Eph 6:18-20
    - c. Civil rulers 1Tim 2:1,2

#### III. **DIVINE ASSISTANCE (Cast thy burden upon the Lord) Psa 55:22; 1Pet 5:7**

- A. Some burdens are beyond the reach of human effort
- B. Not my will but thine be done Matt 26:39
- C. God will either take away the burden or He will give us strength to bear it 2Cor 12:7-10; 1Cor. 10:13
- D. So with unbearable burdens - we should cast them upon the Lord 1Pet 5:7; Phil. 4:5-7

### CONCLUSION:

- A. Let's be willing to assume our own burdens (pack of responsibility) – **self-assistance**
- B. Let ' s become conscious of the burdens of others - "We are our brother's keeper" – **mutual assistance**
- C. Take burdens we can't handle to the Lord (disappointments, fear of failure and sin) – **divine assistance**
- D. Someday we'll lay all our burdens down
- E. That's why Jesus said "come unto me---- Matt 11:28-30