

WHAT TO DO WITH OUR BURDENS

TEXT: *Psalms 55:22: Cast thy burden upon the LORD, and He shall sustain thee: He shall never suffer the righteous to be moved.*

Context: *John 14:1: Let not your heart be troubled: ye believe in God, believe also in Me.*

INTRODUCTION:

How may a troubled heart be cured? That is the question of all ages for all ages, whether you are young or old. We live in a sin-cursed world, and behind almost every heartache is SIN. All kinds of cures and remedies have been offered to struggling humanity, only to disappoint them by failing to answer their heart cries.



God wants us to be free from heart-crushing burdens. There can be no question or doubt about that. Among the first words that Jesus spoke after the Resurrection were those addressed to a broken-hearted woman when He said: ***“Woman, why weepest thou?”***

John 20:15: Jesus saith unto her, Woman, why weepest thou? whom seekest thou? She, supposing Him to be the gardener, saith unto Him, Sir, if Thou have borne Him hence, tell me where Thou hast laid Him, and I will take Him away.

In other words, since the Resurrection, the question might be asked to any child of God: *“Why weepest thou over troubles, heart-aches and misunderstandings, when Christ will over rule them and work all things out for your good?”*

“All power is given unto Me in Heaven and earth”, said Jesus.

Matthew 28:18: And Jesus came and spake unto them, saying, All power is given unto Me in Heaven and in Earth.

I. FALSE REMEDIES

Let us notice some of the false remedies that are offered to cure troubled hearts:

A. One is the doctrine of Epicureanism which says; “Forget your troubles”. In other words, plunge into all kinds of pleasure and drown out your troubles; take in everything that is exciting; drink deep from all the cups of worldly pleasure; forget your sorrows and troubles. But that will not cure a troubled, broken heart.



Lord Byron was sitting in his library one day lost in a deep study. Someone said to him:

“Lord Byron, what are you studying so seriously about?”

He answered: *“I was sitting here counting up the happy days I have had.”*

“How many did you count?”, he was then asked.

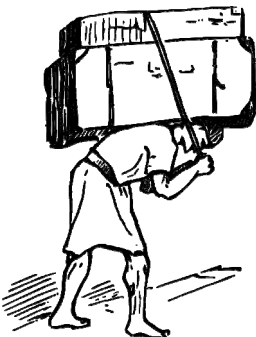
“Only eleven, and I was wondering if I would ever be able to make them 12.”

Lord Byron drank from cups of pleasure from which you and I will never be able to drink. He soared to heights to which we will never be able to soar. Yet, in his last days, he cried out that life was a failure to him.

A lady came home after attending an all-night dance. She threw herself on the couch and cried, *“Oh, God! I wish I were dead!”* The glitter of the world, the babble of voices, the laughter and music — all had failed to drown her troubles.



B. Still another class tries to get rid of their trouble by denying it. They try to make themselves believe there is no such a thing as trouble. These are known as Christian Scientists — (which is neither Christian nor Science). The only trouble with this theory is, it just won't work.



We can't deny facts. We can't deny the fact that we are in the midst of a broken-hearted, half-damned world, with humanity staggering under heavy burdens. We cannot deny the fact of sin and sorrow. This class tries to hypnotize themselves by numbing their sensibilities and deadening their higher feelings, but this does not cure the heart of trouble.

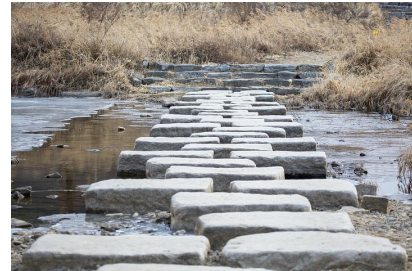
C. There is another cure suggested for the troubled heart. That is the doctrine of the Stoics. The doctrine of the Stoics is to seal the heart against all feeling: to brace up, put all tears away, refuse to cry, deaden all feelings, and make the heart like a rock.

This would take away all sympathy, tenderness, and refinement, would dry up the fountains of the soul, and would leave one with a rigid face and a heart like a stone. Yet this will not cure troubled hearts. Men who followed this course confessed in their last days that the doctrine of the Stoics failed to cure a broken heart.

II. THE TRUE REMEDY

There is only one cure for a burdened and a troubled heart, and that is found in the words of our text: ***“Cast thy burden upon the Lord.”*** The original puts it: ***“Cast thy burden once and for all upon the Lord.”*** That act can be performed once and for all.

Quit digging up the past if it has been put under the Blood of Jesus and forgiven; let it stay there. You have no more right to dig up your sins than you have to uncover the sacred dust of your loved ones. It is a reflection on Christ to bring up the past which He has forgiven. Stop brooding over some mistake or human blunder. Remember, the greatest of souls have made grievous mistakes, yet they have used them as a stepping stone to something higher. Your troubles can become stepping stones or stumbling blocks. It all depends on which direction you are looking — either to Jesus, or at yourself or other people for help.



Jesus can carry you and your burden, too, and never feel it. Poor struggling humanity, quit fighting and losing battles. Cast your burden of sin, doubt, disappointment, regret, or past failures with yourself upon the Lord Jesus Christ, the Great Burden Bearer, and do it now.

Refuse to entertain negative, gloomy, discouraging thoughts. You can scatter sunshine, be cheerful, hopeful, and, above all, practice the constant Presence of God. Keep flooded with Divine Love. Forgive all and love all, and you will find your fears and troubles will vanish like the mist before the blazing sun. Keep sweet; sour people are always sad. Spend some time each day in silent prayer and breathe in the Divine nature. Before going to sleep each night, empty that troubled mind of all unpleasant things, and then meditate upon the goodness, faithfulness, and love of God. Then relax and float out into the land of sweet dreams.

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III. KINDS OF BURDENS:

A. Cast thy financial burdens upon the Lord. It is really surprising — as well as amusing — to the angels to know how many people there are who have plenty, yet are worrying over financial problems. They remind me of a fellow who said that he had enough meat and poultry to last the next three years, but when that supply gave out he didn't know what on earth he would do. Here he had three years of rations in sight, yet he was worrying about starving.

God would rob the angels, if it were necessary, to see the soul through that fully trusts Him. But God does not have to do that, for He owns the world. The earth is the Lord's. He owns the cattle on 1,000 hills and all the sweet potatoes in the hills. He who feeds the little sparrow will take you through, if you only trust Him.

B. Then there is the burden of bereavement — the taking away of our loved ones. There is no sorrow that cuts so deeply as the sorrow of separation, or being left alone, to come back from the silent city of the dead

to vacant rooms where silence seems to reign everywhere. Some go down with an awful crash before bereavement and end their lives in sorrow and sadness. This is wrong. There is no sorrow on earth but what Heaven can heal. Jesus came to Heal the brokenhearted:



Luke 4:18: The Spirit of the Lord is upon Me, because He hath anointed Me to Preach the Gospel to the poor; He hath sent Me to heal the brokenhearted, to Preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised,

A young lady lost her husband some time ago. The blow was so great that she went into a state of gloom and spent her days moping around in darkness of soul. Her health was fast failing her, and her mind was gradually being affected. She would sit for hours in perfect silence with that far-away look in her eyes, as though she were staring at something.



A minister who knew something of the Science of the Mind, called Psychology, and the power of the mind over the body, visited her and tried to comfort her. At first she refused to talk to him. Finally, in order to awaken her out of her stupor, he said:

“Your husband did not love you.” She straightened up, and with a voice of emotion and intense feeling replied, *“He did love me”*. *“Well, if your husband loved you and*

he is in a better and happier world, do you believe he would want you to spend your life grieving over him? Don't you think he would want you to be happy?"

She saw the point, and in three weeks was perfectly well and happy again.

***Oh what peace we often forfeit,
Oh what needless pains we bear,
All because we do not carry everything to God in prayer.***

There is nothing that will crush the life out of anyone and destroy their health like carrying around some old, heavy burden. Why try to fight your own battles? Take Jesus into your perplexing problems. He will give you beauty for ashes, the oil of joy for mourning, and the garment of praise for the spirit of heaviness. He will turn your midnight darkness into day, and start the heavenly choir singing in your soul.

Isaiah 61:3: To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that He might be glorified.

C. Then there is the burden that comes through misunderstanding. Our enemies will naturally misunderstand us and take delight in it. But the hardest burden to bear is when our friends misjudge us, especially our religious friends. This is indeed hard to bear.

Some people sour over this, give up the fight, and allow it to embitter their spirit. We might as well make up our mind that we are going to be misunderstood. If you trim yourself to suit everybody, you will soon whittle yourself away.

The old saying is: *"They will knock you if you do, and they will knock you if you don't."*



No matter how we live, we will be knocked. The very best men and the most useful have been those who were knocked and hated the most. If you have been guilty of kicking someone who is down, let me say something to you: They don't need your foot, but a loving heart and a helping hand. Do you remember the Good Samaritan? *Go thou and do likewise . . .*

Luke 10:36-37:

³⁶ Which now of these three, thinkest thou, was neighbour unto him that fell among the thieves?

37 And he said, He that showed mercy on him. Then said Jesus unto him, Go and do thou likewise.

If you can't be a helper, don't be a knocker.

Are you like the Pharisees? Jesus draws their picture in:

Luke 11:45-46:

45 Then answered one of the lawyers, and said unto Him, Master, thus saying Thou reproachest us also.

46 And He said, Woe unto you also, ye lawyers! for ye lade men with burdens grievous to be borne, and ye yourselves touch not the burdens with one of your fingers.



What should we do? The answer is found in Galatians:

Galatians 6:2: Bear ye one another's burdens, and so fulfill the Law of Christ.

Did you realize this is a spiritual LAW? You are disobeying it if you are like the priest and Levite who passed by the man who fell among the thieves and was left half dead. What should we do if we do not have close friends?

1 Peter 5:7: Casting all your care upon Him; for He careth for you.

What will Jesus do?

1. For our weakness, He will give us strength:

Isaiah 41:10: Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of My righteousness.



2. For our poverty, He will give us riches:

Philippians 4:19: But my God shall supply all your need according to His riches in Glory by Christ Jesus.

3. For our ignorance, He will give us wisdom and knowledge.

What did the psalmist David do in treatment of his burdens? He let the ointment of praise prove God's faithfulness, and fed his faith to cast his burdens on the Lord, for

We stop the flow of the joy in the Holy Spirit by grieving over our burdens and worrying ourselves to death.

He will sustain thee. We stop the flow of the joy in the Holy Spirit by grieving over our burdens and worrying ourselves to death. Remember, the ocean can carry a small fisherman's craft just as easily as the great warship with all its guns and crew aboard.

God does care for us, for repeatedly throughout the Scriptures He is spoken of as a GREAT TOWER into which men may flee and find safety.

Proverbs 18:10: The Name of the Lord is a strong Tower: the righteous runneth into it, and is safe.

He is represented as a Cover under which man can crawl and be safe from the storm.

Psalms 61:3: For Thou hast been a shelter for me, and a strong tower from the enemy.

He is a rock in a weary land.

Isaiah 32:2: And a man shall be as an hiding place from the wind, and a covert from the tempest; as rivers of water in a dry place, as the shadow of a great rock in a weary land.



He will lead you beside still waters to find refreshment as thou poor, thirsty traveler dost continue thy way on the pilgrimage from earth to Glory:

Psalms 23:2: He maketh me to lie down in green pastures: He leadeth me beside the still waters.

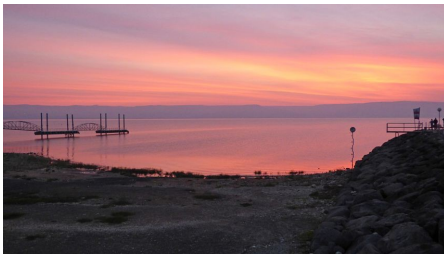
How many did the Shepherd go after when 99 were safe in the fold?

Luke 15:4: What man of you, having an hundred sheep, if he lose one of them, doth not leave the ninety and nine in the wilderness, and go after that which is lost, until he find it?

Oh beloved, Christ works not in the tyranny of numbers, but on the scale of ones. Hallelujah!!!

IV. SIGNS OF VICTORY OVER OUR BURDENS:

There are certain marks of a growing soul which show that the believer is reaching a state of maturity. Among the first we notice is



that of a divine stillness or holy hush that settles down over the soul. It is not the stillness of death but of life in harmony, order, and unity to where all the faculties of our soul are at rest. They will be like the Sea of Galilee after Jesus spoke and said, **“Peace be still”**.

- A. Then came an awful stillness, and out of that stillness came the still small voice, sweeter than the evening bells and softer than the falling dew from heaven. Here we see the old rugged prophet Elijah all broken, melted, and subdued on his face before God. What the earthquake and fiery storm had failed to do, the still small voice had done.

1 Kings 19:10-12:

10 And he [Elijah] said, I have been very jealous for the LORD God of Hosts: for the Children of Israel have forsaken Thy Covenant, thrown down Thine altars, and slain Thy Prophets with the sword; and I, even I only, am left; and they seek my life, to take it away.

11 And He said, Go forth, and stand upon the mount before the LORD. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; but the LORD was not in the wind: and after the wind an earthquake; but the LORD was not in the earthquake:

12 And after the earthquake a fire; but the LORD was not in the fire: and after the fire a still small voice.

How true this is of all. After nature has spoken and the wars have hushed their thunders, then God speaks and breaks our hearts by a touch of tenderness, saying:

Isaiah 41:10: Fear thou not; for I am with thee: be not dismayed; for I

am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of My righteousness.

In this fast age of hurry and rush, we need a Divine stillness to settle down over our whole being.

B. Another sign of a growing soul is the ability of seeing all things working together for good:

Romans 8:28: And we know that all things work together for good to them that love God, to them who are the called according to His purpose.

In our earlier experience, we often broke down and cried out, *Lord, why is this, and why did that thing happen to me?* But just as the soul goes on to know the Lord, it finally reaches a state to where it can see God in everything, and enters that experience spoken of by James where he says:



James 1:2: My brethren, count it all joy when ye fall into divers temptations;

Notice he did not say, “*Try to feel it all joy,*” but “**COUNT IT all joy**”. Counting is not feeling. Put down in a list your sorrows, troubles, misfortunes, misunderstandings, being misrepresented, and being slandered. Alright — draw a line and add it up. What have you for an answer? “JOY”. This is spiritual arithmetic.

This is enough to make one feel like shouting in the face of the most forbidding and dark circumstances. But some may ask, “*How can slander, cruel misunderstanding, and being misrepresented work together for our good?*” Strange to say, the God that made the Bible can blow His breath on all this, and there will spring up some of the sweetest flowers that ever bloomed in the Christian experience.

Did you ever stop to think that the acid and gases that pass through the trunk of a peach tree are deadly poison in their raw state, but by the time the peach ripens, nature converts those same acids into the sweetest juices ever tasted. The same God can take all the poison that earth or Hell may vomit out upon us and convert it into sweetness, making it work for our good in both worlds. It is a sign of a growing soul when one can look ahead and see God in trouble, sorrow, and disappointments, working them out for our good.

- C. Still another sign of ripeness is the ability to rise above the injuries, and refuse to get discouraged or even sore because of a wrong done to us. Many saints are kept at the foot of the ladder because they allow themselves to brood over some wrong done to them. It not only poisons one's spirit, but also paralyzes and freezes all the religious powers of the soul to brood over an injury. It is a sign of a victorious soul to rise above revenge. Our trials are intended by God to refine us, and not to destroy us.

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Job said:

Job 23:10: But He knoweth the way that I take: when He hath tried me, I shall come forth as gold.

We can have the mind of Christ which is a "greatness of mind, that elevation of dignity of soul which encounters danger and trouble with tranquility and firmness which raises the possessor above revenge". Such a soul is too great to do little, mean, underhanded things.

- D. Another sign of a growing soul is to be able to manifest a lamb-like, Christ-like spirit toward those who oppose us.

Nothing will test our piety like our attitude to those who wrong us. No matter how big a sermon we may be able to preach, unless we keep even-tempered and calm while under pressure, it will go to show that our hearts have never been fully cleansed from all sin, or that we have allowed the tender, sweet Spirit of God to leak out of our hearts.



When Charles Wesley was abused and had his clothes nearly torn from him by an angry mob, he only answered them in a mild voice saying, "*Friends, what harm have I done any of you?*"

The Holy Spirit is now getting a Bride ready for the translation and the Marriage of the Lamb. We must have all evil tempers taken out of us if we are to be counted worthy to be among that throng which constitutes the Bride of Christ.



- E. One more mark of maturity and a growing soul is an increase of faith, to where the soul refuses to doubt. No matter how dark or forbidding a circumstance may look, faith sees a silver lining beneath every dark cloud and a light in the

darkest night. After many trials and testing of faith, the heart finally anchors itself behind the second veil and enters the “Full assurance of faith”.

Hebrews 10:22: Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.

This is the realm of divine certainties to where you count upon God for everything. Every day the heart feels itself gripping the promises, and faith tightening around the cross more firmly. Such a soul cannot be scared nor discouraged since it knows that every thing in earth and Heaven is working together for its eternal good. There is no end to the strengthening and mellowing of the Heavenly graces.

Let us see to it that we keep yielded and remain an open channel for the indwelling Holy Ghost, and the Heavenly Husbandman will see to it that the golden graces ripen and mature for eternity. This is the meaning of **Ephesians 4:13**:

Ephesians 4:13: Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fullness of Christ:

How close are you to this standard of ripeness for Heaven? We all need to mature to be truly ready for His Coming.

CONCLUSION:

What should the lost do with their burdens?

Matthew 11:28: Come unto Me, all ye that labour and are heavy laden, and I will give you rest.

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