

Walking with Burdens?

Burden – to be a burden – to have a burden – to share a burden

too heavy of a load, beyond capacity to carry a certain amount, extra worry, extra work or trouble.

Responsibility – an **acceptable** duty, a **reasonable** effort, or to give an account,

A limited obligation, an agreeable liability

Luggage or Baggage? – luggage is required to transport necessary items

Baggage is emotional impediments, triggers for dysfunction such as kids, debt, dead weight that makes it hard to travel, psychological abuse or labels

Key observations for our burdens – do we have?????

1. Too much to handle / more than we can bear
2. Self imposed baggage / a created heavy load
3. Signs of heaviness
4. Promise of help!

Signs of heavy burdens – negative fixation, withdrawn socially, physical health, emotional health, spiritual health, demands on us that lead to anxiety, anger or depression.

Self imposed baggage – bitterness, selfish ambitions (debt), inability to say no, people pleasing

1. Your weary and burdened seasons are opportunities to teach you to rely on God instead of yourself.
2. Humble yourself to ask others for help
3. Don't enable irresponsible people by carrying your load and theirs.
4. Extend a hand to support others in distress – “selfless charity”

Our hurts must be healed if we are to apply ointment on anyone else!

Emotionally needy people have nothing to give, too busy “getting”

Psalm 55:22 – Cast your cares on the LORD and he will sustain you

Matt 11:28 - Come to me, all you who are weary and burdened, and I will give you rest.

Gal 6:2, 6:5 – bear one another's burdens, bear your own burden (load)

Ezek 3

17 “Son of man, I have made you a watchman for the people of Israel; so hear the word I speak and give them warning from me. 18 When I say to a wicked person, ‘You will surely die,’ and you do not warn them or speak out to dissuade them from their evil ways in order to save their life, that wicked person will die for[b] their sin, and I will hold you accountable for their blood. 19 But if you do warn the wicked person and they do not turn from their wickedness or from their evil ways, they will die for their sin; but you will have saved yourself.

Christ carried the responsibility for all mankind. He invites us on that journey.

You must have a healthy “margin”, a capable reservoir (thimble or 10 gal hat?)

Luke – Simon the cirene / sudden suffering We don't always choose the moment of our suffering. They come upon us in unexpected ways, frightening ways, heavy ways, painful ways, seemingly random ways.

1. Simon was a real historical person, and he was there at a real historical moment.
2. He was a foreigner, an African, who served Jesus in his final hour.
3. Carrying the cross behind Jesus is a beautiful and painful picture of our calling as disciples, according to Luke 9. Whether Luke intended us to see that or not, it's true.
4. The call to suffer for Jesus is often sudden and costly and seemingly random.
5. Simon's help proved to be both a relief temporarily, but also added suffering because it sustained Jesus to get to the cross and have the horrible experience of crucifixion for us.
6. We know that when Jesus cried out to his heavenly Father in Gethsemane, he was given help. He needed help so that his obedience would not falter. God answered his prayers. These were the hardest hours of Jesus's life.

Name that Tune –

1 Lean on me – Bill Withers 1972, also a film in 1982 w Morgan Freeman

You just call on me, brother, when you need a hand. We all need somebody to lean on. I just might have a problem that you'll understand

2 bridge over troubled water – simon and garfunkle - 1970

When you're weary Feeling small When tears are in your eyes

I'll dry them all I'm on your side Oh, when times get rough

And friends just can't be found Don't stop believing

3 Hold on – Wilson Phillips 1990

I know there's pain Why do you lock yourself up in these chains?

No one can change your life except for you Don't ever let anyone step all over you

4 Burden – keith urban 2019

Let me carry your burden If somethin' ain't right I will let you know

Like the paint that's drying on a heart that's broke Let me carry your burden

5 Don't stop believing – journey 1981

Just a small town girl Livin' in a lonely world

She took the midnight train going anywhere Just a city boy

6 Beast of burden – rolling stones 1981

I'll never be your beast of burden My back is broad but it's a-hurting

All I want for you to make love to me I'll never be your beast of burden