

THE WEIGHT OF THE WORLD

A Fill-in-the-Blank Bible Lesson

We Should Not Be Weighted Down, but Give All Our Cares to God

Sometimes life can feel heavy. Responsibilities, fear, stress, disappointment, grief, and daily troubles can try to sit on our hearts like a sack of bricks in church shoes. But God never asked us to carry the weight of the world on our shoulders. He invites us to bring every burden, every worry, and every care to Him.

As believers, we are called to trust the Lord, lean on His strength, and rest in His peace. When the world feels heavy, God reminds us that He is strong enough to hold what we cannot.

Key Bible Truth

We do not have to carry what God has told us to cast on Him.

Fill in the Blank Worksheet

Part 1: God Does Not Want Us Overloaded

1. Jesus said in **Matthew 11:28**,
“Come to Me, all you who labor and are heavy _____, and I will give you rest.”
2. God invites the tired, weary, and burdened to come to _____.
3. According to **1 Peter 5:7**, we are to cast all our _____ upon Him.
4. We can give our cares to God because He _____ for us.
5. Psalm 55:22 says, “Cast your burden on the _____, and He shall sustain you.”

Part 2: We Were Never Meant to Carry Everything Alone

6. When we try to carry everything by ourselves, we become spiritually and emotionally _____.
7. God wants us to trust Him instead of being filled with worry and _____.
8. Philippians 4:6 tells us to be anxious for _____.
9. Instead of anxiety, we are to pray about _____.
10. When we pray with thanksgiving, the peace of _____ guards our hearts and minds.

Part 3: God Is Our Help in Heavy Seasons

11. Isaiah 41:10 says, “Fear not, for I am with you; be not dismayed, for I am your _____.”
12. God promises to strengthen us, help us, and uphold us with His righteous _____.
13. When life feels too heavy, we should run to God, not run to _____.
14. The Lord is our refuge, our strength, and a very present help in _____.
15. We do not need to fall apart under pressure when we remember who holds our _____.

Part 4: What Should We Do With Our Cares?

16. We should pray instead of constantly _____.
17. We should trust instead of trying to _____ everything.
18. We should surrender every burden, every fear, and every _____ to God.

19. God is not asking us to carry the whole world, but to walk by _____.

20. When we give our cares to God, we make room for His peace, strength, and _____.

Scripture Focus – What the WORD says...

1 Peter 5:7 “Casting all your care upon Him, for He cares for you.”

Matthew 11:28 “Come to Me, all you who labor and are heavy laden, and I will give you rest.”

Philippians 4:6–7 “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”

Psalms 55:22 “Cast your burden on the Lord, and He shall sustain you.”

Note this:

The enemy loves to make people feel crushed, overwhelmed, and loaded down. He whispers that they have to fix everything, carry everyone, and figure it all out alone. But that is not the voice of God.

God tells us to **cast**, not **carry**.

When something is cast, it is thrown off. That means we are not meant to hold onto every fear, replay every burden, or wear stress like a backpack full of rocks. The Lord wants us to release those things into His hands.

This does not mean we ignore responsibilities. It means we refuse to let our hearts be crushed by them. We do our part, and we trust God with what is too heavy for us.

God’s shoulders are stronger than ours. His peace is deeper than our panic. His help is greater than our pressure. We are not called to be weighed down by the world. We are called to be held up by the Lord.

Life Application Fill-Ins

21. One way I can give my cares to God this week is through _____.
22. A burden I need to stop carrying alone is _____.
23. A scripture that reminds me to trust God is _____.
24. Today I choose peace over _____.
25. God cares about every detail of my _____.

Reflection Questions

26. What are some things that can make a Christian feel weighed down?

27. Why is it important to give our burdens to God?

28. What does it mean to cast your cares on the Lord?

29. How can prayer help lighten a heavy heart?

30. What area of your life do you need to surrender to God today?

Faith Declaration

Fill in and say it aloud:

I will not be weighed down by fear, stress, or worry. I will give my _____ to God, because He cares for me. The Lord is my help, my peace, and my strength.

Conclusion

You were never created to carry the whole world. That job already belongs to God, and He does it perfectly. When life feels heavy, remember this beautiful truth: the same God who holds the world in His hands is able to hold your heart too. So lift your eyes, release your burdens, and let the Lord carry what has been trying to carry you down.

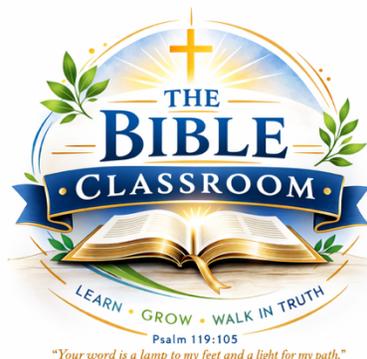
Wisdom Nugget:

If it is too heavy for your heart, it is not too heavy for God's hands.

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Answer Key

1. laden
2. Jesus
3. care
4. cares
5. Lord
6. weary
7. anxiety
8. nothing
9. everything
10. God
11. God
12. hand
13. panic
14. trouble
15. future
16. worrying
17. control
18. care
19. faith
20. rest

Suggested answers for the personal response section:

21. prayer
22. personal answer
23. personal answer
24. worry
25. life

Faith Declaration blank:

cares