Burden Bearing

Introduction: My recent surgery gave me cause to think about certain things. One of those deals with “burden bearing”. Growing up my size usually had certain advantages. I could get things off the top shelf, clean the ceiling fans without a ladder, etc. But as you get older you realize things can change for the worse. My surgery made me realize my size can be a burden. It was hard for Regena and the girls to help me get up. So I started to think about what I needed to do to help them, help me.

In the Bible we read about burdens and burden bearing.

**I) Different Biblical Burdens**

**A) Unfair burdens placed on us by others, Matthew 23.2-4**

1. They were of the “don’t do as I do but do as I say” variety

2. This is terribly unfair because it demands from others what you are not willing to do.

3. There are various burdens people can place on others.

a. Guilt trip – everything is your fault!

b. Why can’t you be like…

**B) Burden of carrying or harboring a grudge, Lev. 19.18**

1. This is demanding perfection from others.

2. Vengeance seeks to take revenge on others for what they have done to us, **Romans 12.19.**

a. This is the old burying the hatchet but leaving the handle out of the ground.

b. Just you wait until the next time you do something wrong then I will let you have it

3. The fact is the one bearing the burden is not the other person but it is the one harboring a grudge.

a. Recently I watched a show “Why I Hate Tim Lattner”

b. Frankly I wish he had missed that shot against Kentucky but I am not devoting myself to hating Tim Latner.

**C) The Burden of the Old Law, Acts 15.10**

1. Let us understand the point Peter is making.

a. The Law of Moses was God’s Law, it was perfect in its justice.

b. However, justice demands punishment of the unjust, the law breaker.

c. A Jew could offer sacrifices to appease the Law and delay punishment but it could never grant forgiveness.

2. Therefore the burden was always present, year after year. **Hebrews 10.3-4**.

3. Eventually the guilty would have to be punished under the Law of Moses.

**D) The burden of sin, Genesis 4.13**

1. Sin and guilt will weigh us down and deprive us of our life. The soul who sins shall die

2. Sad to go to a funeral where there is no hope.

3. The burden of perfection is heavy for none of us will meet that standard. The could not meet it with the law of Moses, we cannot meet it with sinless perfection.

**II) What The Bible Says About Burden Bearing**

**A) Be fair and just with others, Matthew 5.20**

1. Don’t demand more from others than what God demands from them.

2. How many times do we place more conditions on forgiveness than God does?

a. Human traditions, **Matthew 15.6.**

b. Let us take the strictest interpretation and then make others hold to it.

**B) Help one another bear their burdens, Galatians 6.2**

1. Some burdens can be made lighter by sharing the load. Some are simply more manageable because two people can handle it.

2. There are burdens we all share and there are burdens we must handle by ourselves. But we need to know the difference.

3. So if you need help, ask for help.

a. Pray for one another

b. Encourage one another

**C) Do the right thing can make burden bearing easier (use your legs, get the right device)**

1. The right thing is? Seek forgiveness from God. Lighten the load**, Matthew 11.29-30**

2. The right thing is seek forgiveness from others

3. The right thing is forgive others, **Luke 17.3-4**