



“How to Handle the Burden that’s Handling You”

With Bishop Ronald K. Powell

Our Text: Matthew 11:28

- *28 Come to Me, all you who labor and are heavy laden, and I will give you rest.*

Introduction:

Sometimes God will allow things to enter our lives that nearly devastate us.

- *But He allows it so as to grow us Spiritually and to teach us more about Him.*
- *Now, we all know that trouble and trials are part and parcel of the human life.*

Job Speaks of Life’s Woes

- *Job 14:1; New King James Version*
- *Man, who is born of woman is of few days and full of trouble.*
- *Job 5:7. ⁷Yet man is born to trouble, As the sparks fly upward.*

- *And so, did Jesus, John 16:33.*
- *³³ These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."*
- *Burdens, troubles, trials and difficulties are going to come our way! That is a given.*
- *Felix Neff said, "A Christian without affliction is like a soldier only on parade."*
- *However, what is not a given is what you and I will do about the trials and troubles that come our way.*

Jesus Said,

- *John 16:33.*
- *³³ These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."*
- *In this little, simple, short verse, Jesus gives us clear teaching on what to do with our burdens. He teaches us How to Handle What's Handling You.*
- *Think on that thought: How to Handle What's Handling You.*

I. TAKE YOUR BURDENS TO THE RIGHT PLACE

A. Fretting Won't Help You –

• *III. Most people Fret over their burdens, but it is the wrong place to take them. After all, we are forbidden from worry by the Word:*

Philippians 4:6 New King James Version

• *⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;*

JESUS SAID: John 14:1

- *"Let not your heart be troubled; you believe in God, believe also in Me.*

Luke 10:38-42

Mary and Martha Worship and Serve

38 Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. 39 And she had a sister called Mary, who also sat at Jesus' feet and heard His word.

40 But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore, tell her to help me."

41 And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. 42 But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."

B. Friends Won't Help You

- *Job tried to tell his friends about his burdens, but he found that they were “physicians of no value”*
- *Job 13:4 ^{But} you forgers of lies, you are all worthless physicians.*

The problem with friends:

The problem with friends is that they will lie to you!

They will allow you to wallow in self-pity and tell you that you have a right to do so.

They may even sympathize with you, but they can't really help you with the real burdens of life!)

(Did you know that a real friend is someone who tells you the truth, even when it rips your heart out?)

Proverbs 27:6 New King James Version

⁶Faithful are the wounds of a friend, But the kisses of an enemy are deceitful.

C. Fleeing Won't Help You

- *You will never be able to run away from the problems and trials of life.*
- *III. Israel found this out the hard way – Num. 13-14; Spies Sent into Canaan / Israel Refuses to Enter Canaan/*
- *11 Then the Lord said to Moses: “How long will these people reject Me? And how long will they not believe Me,*
- *Deut. 9. God's punishment of Israel / Could not enter*
- *III. Patricia Christy fled From Florida to avoid hurricane Andrew in 1992. She boarded the first plane to Hawaii and arrived just in time to meet typhoon Iniki!)*

D. Fighting Won't Help You

- *A lot of people try to live in denial and fight what they are called to face.*
- *Fighting against what the Lord brings into your life is dangerous!*
- *If you aren't careful, you might find yourself fighting against God.*

E. The Father Will Help You –

- *The Father Will Help You – Notice the invitation – “Come!” The Lord throws open the door to His throne room and invites all who are in need to come to Him for help.*

Hebrews 4:16 New King James Version

- ¹⁶ *Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.*

Luke 12:32 New King James Version

32 *“Do not fear, little flock, for it is your Father’s good pleasure to give you the kingdom.*

- *His love and concern for the sheep – Luke 12:32.*
- *He is our Father and He is interested in helping us through the difficulties. of life!*
- *He is our shepherd and He will see to what we need, Psa. 23:1-6.*
- *III. The various names the Jews had for the Lord. Jesus gave them a new one in the Disciple’s Prayer – Luke 11:2.) OUR FATHER*

II. TRANSFER YOUR BURDENS TO THE RIGHT PERSON

A. There Is One Who Cares About Your Situation –

- *1Pet. 5:7 – ⁷ casting all your care upon Him, for He cares for you.*
 - *Jesus has walked through loneliness, need, difficulty and death. He has been hated, loved, accepted and rejected. He knows what you are going through and He cares about you.*
 - *Hebrews 4:15 –¹⁵ For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.*
- . Don’t think for a minute that He won’t understand! He does!*
- He knows what you need more than you know it yourself!*

B. There Is One Who Can Do Something About Your Situation

- *Not only does He know what we face, He can change what we face and how we face it! (III. His power is beyond imagination –*
- *Eph. 3:20; ²⁰ Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,*
- *Job 42:2; 2 “I know that You can do everything, and that no purpose of Yours can be withheld from You.*
- *Luke 1:38. ³⁸ Then Mary said, “Behold the maidservant of the Lord! Let it be to me according to your word.” And the angel departed from her.)*
- *III. Isa. 40:12 – If He can place the stars in heaven with a spreading of the fingers, then your problems and mine pose no problem at all to Him!*
- *If He can.... for..., then He can... For you!)*

III. TRUST YOUR BURDENS TO THE RIGHT PROVISIONS

A. Sometimes He Will Remove Your Burden –

There are times when the Lord changes your situation in an instant, removing your burden.

(Ill. The Widow of Zarepath – 1 Kings 18!)

B. Sometimes He Will Relieve Your Burden –

- There are times when the Lord will leave the burden on your shoulders, but He will lighten the burden a little bit.
- *He did this for Ruth when He allowed her path to cross that of Boaz, Ruth 2-3!*

C. Sometimes He Will Rest You In Your Burden –

This is the most common aid we receive from Him.

- *He gives us grace to carry the load we have been assigned, [2 Cor. 12:9](#).*
- *Ill. The glory of Him changing us in our situation instead of Him just changing our situation.)*
- *Ill. You can rest in His yoke, His house, His Spirit, His Peace.)*

Conclusion:

- *Ill. However He decides to handle your situation, you can be sure that He will always do that which is right for your life, [Rom. 8:28](#). And, you can rest on His promise that He will meet your need, [Phil. 4:19](#)!*
- *Ill He is still Jehovah-Jireh – [Gen. 22:14](#).)*
- *What's handling you today? Why don't you just bring it to Him? He knows how to handle what's handling you!*