

What Are You Carrying?

- Galatians 6:1-5 -

- A. Do you believe nothing is too heavy for you? Have you wished you would have gotten some help?
- B. In the future, more Christians will experience heart attacks, depression, hypertension, anxiety attacks, taking more pills, seeing more psychologists, therapists, divorcing, quitting jobs, and taking their own life because of **BURDENS**...
- C. What are you carrying? Why are you carrying it? How long do you plan to carry it?

1. _____ **NOT To Do** _____

A. _____ **to** _____ (Ps. 55:2; Lam. 3:39)

B. What does the Bible say about complaint? **Phil. 2:14; 1 Cor. 10:10**. For what have those in Christ the right to complain?

C. What did the Lord do? **1 Peter 2:23**...

D. _____ **to** _____ No burden was ever lifted by despondency (give up). Listen to **Psalm 55:4-7**. Self-pity is a plague of the heart...

E. _____ (**Matt 7:1-4**) People are so busy comparing the size of what they have with their neighbors, they fail to see the strength needed is in God who has strength for both burdens... Consider **Gal 6:2**...

F. _____ **With** _____ People think they have to carry their burden because of their position, or they must match the world in selfishness and self-reliance.

G. _____ Consider a man's wallet verses a woman's purse. A wallet has limitation, a purse carries so much more... Compare your burdens in light of **Heb 13:5,8**

2. **An Example** - _____

A. **Joseph's brothers carried a burden (v.15)**...

B. **Joseph did not refuse to love them**...

C. **Joseph was understanding (v.17)**...

D. Sharing a burden provides **the work of God in others (v.19)**...

E. They were reconciled - **together again** . It became a blessing for others (v.20)...

3. _____

A. _____ **a** _____ - **1 Cor 10:13**

B. **God** _____ - **Eph 1:3-7**

C. _____ **for and** _____ (Ps 55:22)

D. God understands through Jesus (**Heb 4:14-16**).

E. God _____ and God _____ our burdens...

F. The God who washes away the sins, wipes away the tears...

G. Paul's beautiful description of God's ability with burdens – **2 Cor 12:7-9**...

H. The two-fold purpose of burdens...

1. It is one you must bear (**Gal 6:5**)...

2. "Follow me" (**Lk 9:23; Matt 11:28-30**)...