

# How to Handle What's Handling You

Matthew 11:28-30

## INTRODUCTION:

A. Lesson Text: **Matthew 11:28-30** – “Come to Me, all you who labor and are heavy laden, and I will give you rest.

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

For my yoke is easy and my burden is light.”

B. Years ago a woman, with her little baby, was riding in a stagecoach in western Montana. The weather was bitter cold, and, in spite of all the driver could do to protect her, he saw that the mother was becoming unconscious from the cold. He stopped the coach, took the baby, and wrapping it warmly, put it under the seat, then seized the mother by the arm, and dragging her out upon the ground, drove away, leaving her in the road. As she saw him drive away, she ran after him, crying piteously for her baby. When he felt sure that she was warm, he allowed her to overtake the coach and resume her place by her baby. Can we not imagine her gratitude when she realized that he had saved her life? He had done as God sometimes does, to shake us out of soul-lethargy and moral sleep which would end in death.

B. Sometimes God is like that stagecoach driver. He will allow things to enter our lives that nearly devastate us. But, He does it to grow us and teach us more about Him.

1. Now, we all know that trouble and trials are part and parcel of the human life.

2. After all, Job said it.

a. **Job 14:1** – “Man born of woman is of few days and full of trouble.”

b. **Job 5:7** – “Yet man is born to trouble as surely as sparks fly upward.”

3. And so did Jesus. **John 16:33** – “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

4. Burdens, troubles, trials and difficulties are going to come our way! That is a given.

5. Felix Neff said, “***A Christian without affliction is like a soldier only on parade.***”

1. The Congressional Medal of Honor is not awarded for merely marching in parades.

2. The Distinguished Service Cross is not awarded for marching in parades.

6. However, what is not a given is what you and I will do about the trials and troubles that come our way.

C. In Matthew 11:28-30, Jesus gives us clear teaching on what to do with our burdens. He teaches us ***How To Handle What’s Handling You***. Let’s look into this verse for just a few minutes and think on that thought: ***How To Handle What’s Handling You***.

## **TAKE YOUR BURDENS TO THE RIGHT PLACE**

A. **Fretting Won’t Help You** - Most people take their burdens here, but it is the wrong place to take them.

1. After all, we are forbidden from worry by the Word
  - a. **Philippians 4:6** – “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”
  - b. **John 14:1** – “Let not your heart be troubled; you believe in God, believe also in men.”
2. A lot of people are just like Martha. **Luke 10:38-42** – “As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him.

She had a sister called Mary, who sat at the Lord's feet listening to what he said.

But Martha was distracted by all the preparations that had to be made. She came to him and asked, ‘Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!’

‘Martha, Martha,’ the Lord answered, ‘you are worried and upset about many things,

but only one thing is needed. Mary has chosen what is better, and it 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**)

1. The problem with friends is that they will lie to you!
2. They will allow you to wallow in self-pity and tell you that you have a right to do so.
3. They may even sympathize with you, but they can’t really help you with the real burdens of life!
4. (Did you know that a real friend . . . A true friend, is someone who tells you the truth, even when it rips your heart out? **Proverbs 27:6** – “Wounds from a friend can be trusted, but an enemy multiplies kisses.”

C. **Fleeing Won’t Help You** - You will never be able to run away from the problems and trials of life.

1. Israel found this out the hard way – Even though God was giving them the Promised Land, the Land still had to be taken through their efforts with His help.

2. **Illustration:** Patricia Christy fled Florida to avoid hurricane Andrew in 1992. She boarded the first plane to Hawaii and arrived just in time to meet typhoon Iniki!
  3. **Illustration:** Jim evacuated Myrtle Beach to avoid Hurricane Andrew only to lodge in a motel far inland that had its roof blown off by the same storm.
- D. **Fighting Won't Help You** - A lot of people try to live in denial and fight what they are called to face.
1. Fighting against what the Lord brings into your life is dangerous! If you aren't careful, you might find yourself fighting against God.
  2. Two people on a bicycle built for two . . . To get anywhere you have to be trying to go in the same direction.
- D. **The Father Will Help You** - Notice the invitation - "**Come!**"
2. The Lord throws open the door to His throne room and invites all who are in need to come to Him for help, **Hebrew. 4:16** – “Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”
  2. Our shepherd loves His sheep. **Luke 12:32** – “Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.”
  3. Psalm 23 I still precious to all of God's children

## **TRANSFER YOUR BURDENS TO THE RIGHT PERSON**

### **A. There Is One Who Cares About Your Situation**

1. **1 Peter 5:7** – “Casting all your care upon Him for He cares for you.”
2. Jesus has walked through loneliness, need, difficulty and death.
3. He has been hated, loved, accepted and rejected.
4. He knows what you are going through and He cares about you, **Hebrews 4:15** – “we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are-yet was without sin.”
5. 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**

1. Not only does He know what we face, He can change what we face and how we face it!
2. His power is beyond imagination
  - a. **Ephesians 3:20** – “Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.”
  - b. **Job 42:2** – “[Job] You asked, ‘Who is this that obscures my counsel without knowledge?’ Surely I spoke of things I did not understand, things too wonderful for me to know.”

- c. **Isaiah 40:12** – “Who has measured the waters in the hollow of his hand, or with the breadth of his hand marked off the heavens? Who has held the dust of the earth in a basket, or weighed the mountains on the scales and the hills in a balance? ”
1. Note: 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!
  2. How big and how powerful is our God for us.

## **TRUST YOUR BURDENS TO THE RIGHT PROVISIONS**

### **A. Sometimes He Will Remove Your Burden**

1. There are times when the Lord changes your situation in an instant, removing your burden.
2. The Widow of Zarepath - 1 Kings 18

### **B. Sometimes He Will Relieve Your Burden**

1. 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.
2. Our Father knows what is best.

### **C. Sometimes He Will Rest You In Your Burden**

1. This is the most common aid we receive from Him. He gives us grace to carry the load we have been assigned, **2 Corinthians 2:9** – “But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.”
2. Consider the glory of Him changing us in our situation instead of Him just changing our situation.
3. You can rest in His yoke . . . His house . . . His Spirit . . . His Peace.
4. However He decides to handle your situation, you can be sure that He will always do that which is right for your life, **Romans 8:28** – “And we know that all things work together for good to those who love God, to those who are called according to His purpose.”
5. And, you can rest on His promise that He will meet your need. **Philippians 4:19** – “And my God will meet all your needs according to his glorious riches in Christ Jesus.”

## **CONCLUSION:**

- A. What's handling you tonight? Why don't you just bring it to Him? He knows how to handle what's handling you!
- B. **Matthew 11:28-30** – “Come to me, all you who are weary and burdened, and I will give you rest.  
Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

For my yoke is easy and my burden is light.”

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

D. **God's Plan for Man's Salvation**