

The Burdens of Life

Galatians 6:2-5 & Psalm 55:22

INTRODUCTION:

A. Permit me to ask . . .

1. What are the heaviest burdens in life that you have known?
2. What did you do with them? That is, How did you handle them?

B. Whatever they may be, or were, others are facing similar burdens as we speak.

C. It is the fate of all people to face burdens. **2 Corinthians 5:4** – “For we who are in this tent groan, being burdened, not because we want to be unclothed, but further clothed, that mortality may be swallowed up by life.”

D. Two Lesson texts:

1. **Galatians 6:2-5** – “Bear one another's burdens, and so fulfill the law of Christ.

For if anyone thinks himself to be something, when he is nothing, he deceives himself.

But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another.

For each one shall bear his own load [burdens, KJV].”

3. **Psalm 55:22** – “Cast your burden on the Lord, And He shall sustain you; He shall never permit the righteous to be moved.”

E. The greatest and heaviest burdens are not always visible.

- Some are carrying the burden of having to deal with an unfaithful spouse.
- Some are having to deal with rebellious children.
- Some are having to deal with alcoholism, drugs, and aids.
- Some are having to deal with financial pressures and financial ruin.
- Some are wrestling with the inevitable direction of bankruptcy.
- Some are having to deal with job loss or threatening job loss.
- Some are having to deal with homelessness.
- Some are dealing with the impending threat of losing their house to foreclosure.
- Some are having to deal with lawsuits brought against them.
- Some are having to deal with guilt that is eating away at them.
- Some are having to deal with Alzheimer in a spouse or parent. Being there, yet forgotten.
- Some are having to deal with terminal illness and rapidly passing days.
- Some are having to deal with medical uncertainties and are anxiously awaiting test results.

- Some are having to deal with medical needs but without medical insurance.
 - Some are having to deal with a death in the family and without the means of paying for the funeral expenses.
 - Some are having to deal with missing children.
 - Some are dealing with the uncertainties that come with military deployment.
 - Some are dealing with a decisions that could result in trying to hang or eventually give up and end-it-all.
 - The list could go on and on, touching many other areas of life, covering ever so close to home for so many of us.
- F. If we could only know the heavy burdens of others, perhaps they would teach us lessons of restraint and charity and cause us to be less harsh and less judgmental. Perhaps with so many burdens all around us, our lesson texts will find greater lodging in our hearts.
- G. Some years ago, Ripley listed **Galatians 6:2** – “Bear one another's burdens, and so fulfill the law of Christ”, and **Galatians 6:5** – For every man shall bear his own burden” as being contradictory scriptures.
1. In **verse 2**, the word “burden” is from the Greek word “BAROS” which means “load.”
 - a. This may be a burden or load of difficulty, sorrow, or pain.
 - b. We are to bear one another’s burdens of this sort.
 2. In **verse 5**, “burden” is from the Greek word “PHORTION” which means “pack.”
 - a. This “pack” is the whole of one’s duties before God for which each person is personally responsible.
 - b. This “pack” is to be distinguished from the heavy “load” of verse 2.
- H. The Bible teaches us to do three things with our burdens, and we need to understand all three.
1. **Galatians 6:5** – “Every man shall bear his own burden.” (**Self-Assistance**)
 2. **Galatians 6:2** – “Bear one another’s burdens.” (**Mutual Assistance**)
 3. **Psalms 55:22** – “Cast your burden on the Lord.” (**Divine Assistance**)

“EVERY MAN SHALL BEAR HIS OWN BURDEN.” Galatians 6:5

(Self-Assistance)

- A. Some of our burdens are non-transferable. “PHORTION” (“Pack”) denotes duties before God.
- B. The Lord has given each person his own personal work and responsibility.
 1. No one can believe on the Lord for you.
 2. No one can repent of your sins for you.
 3. No one can confess your faith in Christ for you.

4. No one can be baptized into Christ for you.
 5. No one can live a faithful Christian life in your stead.
 6. No one can perform your Christian duties/service for you.
 7. No one can appear at the judgment bar of God and answer for you.
 - a. **2 Corinthians 5:10** – “For we must all appear before the judgment seat of Christ, that each one may receive the things done in the body, according to what he has done, whether good or bad.”
 - b. **Romans 14:12** – “So then everyone of us shall give an account of himself to God.”
- C. It is sheer folly for a Christian to try and hide in the crowd and hide behind others in an attempt to avoid his own responsibilities.
1. **Psalm 33:13** – “The Lord looks from heaven; He sees all the sons of men.”
 2. **Hebrews 4:13** – “And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.”

“BEAR ONE ANOTHER’S BURDENS.” Galatian 6:2

(Mutual-Assistance)

- A. Some burdens are to be shared with others. **Philippians 2:4** – “Let each of you look out not only for his own interests, but also for the interests of others.”
- B. It is always proper to “rightly divide” God’s Word and keep each verse in its context. With that truth in mind, the key to Galatians 6:2 is found in **Galatians 6:1** – “Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted.” In mutual burden bearing we should seek to help those who have gone astray.
1. We dare not denounce them or throw stones at them, but seek to “restore them.”
 2. “Restore” in the original text is used to mean “To set in joint again,” as when a dislocated bone is being set back in its place.
 3. Sincere reproofs and fervent exhortations are helpful.
- C. In what spirit is this to be attempted? “In the spirit of meekness.” Not in wrath, but in gentleness.
1. Many needful reproofs lose their effectiveness when given in the wrong spirit.
 2. But when they proceed from a sincere affection and concern for the welfare of those to whom given, they will likely make a positive and effective impression.
- D. Galatians 6:2 also has a broader meaning and includes other type of burdens.
1. **The burden of SORROW.**
 - a. **Romans 12:15** – “Rejoice with those who rejoice, and weep with those who weep.”

- b. **1 Corinthians 12:26** – “And if one member suffers, all the members suffer with it; or if one member is honored, all the members rejoice with it.”

2. **The burden of need for MATERIAL THINGS.**

- a. **James 1:27** – “Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world.”
- b. **James 2:15-16** – “If a brother or sister is naked and destitute of daily food, and one of you says to them, “Depart in peace, be warmed and filled,” but you do not give them the things which are needed for the body, what does it profit?”
- c. Whatever our opportunity and ability affords, we must seek to relieve the material needs of others.

3. **The burden of SIN (BONDAGE).**

- a. **Romans 6:17** – “But God be thanked that though you were slaves of sin, yet you obeyed from the heart that form of doctrine to which you were delivered.”
- b. **Hebrews 12:1** – “Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.” People need help with their sin problem . . . with their sin burden. How can we help them?
 - 1. We can help by teaching them the truth. **2 Timothy 2:2** – “And the things that you have heard from me among many witnesses, commit these to faithful men who will be able to teach others also.”
 - 2. We can help by warning the unruly. **1 Thessalonians 5:14** – “Now we exhort you, brethren, warn those who are unruly . . .”
 - 3. We can help by praying for the lost. **Romans 10:1** – “Brethren, my heart's desire and prayer to God for Israel is that they may be saved.”

4. **The Burden of LEADERSHIP.**

a. **The Elders.**

- 1. **Hebrews 13:17** – “Obey those who rule over you, and be submissive, for they watch out for your souls, as those who must give account. Let them do so with joy and not with grief, for that would be unprofitable for you.”
- 2. **Acts 14:23** – “So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.”

b. **Civil Rulers (government officials).**

- 1. **1 Timothy 2:1-3** – “Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and

peaceable life in all godliness and reverence. For this is good and acceptable in the sight of God our Savior.”

- E. No doubt, there are many other ways to help people bear burdens.
1. By living the right kind of life before them, thereby offering a good example, encouragement, and hope to them.
 1. **Acts 1:1** – “. . . Of all that Jesus began both to do and teach.”
 2. **Acts 10:38** – “(Jesus) went about doing good.”
 2. By believing in the importance of people . . . Commend them . . . Encourage and uplift them. Let them know there is a better way in life.

“CAST YOUR BURDEN ON THE LORD.” Psalm 55:22

(Divine Assistance)

- A. Some burdens are beyond the reach of human effort and aid. These types of burdens are to be cast upon the Lord, for in these He has promised to sustain us.
1. **Psalm 55:22** – “Cast your burden on the Lord.”
 2. **1 Peter 5:7** – “Casting all your care upon Him; for He cares for you.”
 3. **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. God will do one of two things:
1. He will remove the burden.
 2. He will give you a special measure of His strength to bear it.
 - a. Example: Paul and his ‘thorn in the flesh.’ **2 Corinthians 12:7-10** – “And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure.
Concerning this thing I pleaded with the Lord three times that it might depart from me.
And He said to me, ‘My grace is sufficient for you, for My strength is made perfect in weakness.’ Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.
Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong.”
 - b. Three times Paul prayed for God to remove the difficulty. Instead of removing it, God gave Paul a measure of grace and strength to bear it

CONCLUSION:

- A. Brothers & sisters . . .
1. Assume your burdens and responsibilities that are non-transferable and deal with them responsibly. Galatians 6:5
 2. Help others with the burdens you can help them with. Galatians 6:2

3. Never be afraid to take your burdens to your Heavenly Father and abide by His will in each one. Psalm 55:22
- B. These thoughts are incorporated into some of the songs we use in our worship services.
1. “Burdens are lifted at Calvary.” They are!
 2. “At His feet I will lay every burden down and will dwell with Him forever.”
- C. As others have helped you with your burdens . . . Help others with theirs. Our Heavenly Father will always be there for you.
- D. **God’s Plan for Man’s Salvation**