

*"Casting all your care upon Him.." (1 Peter 5:6-7)*

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**Introduction:** Have you ever felt so burdened as to despair of life?

- A. The apostle Paul knew what it was like. **(2 Cor 1:8)**
  - 1. Because of his faith in God this burden was lifted. **(2 Cor 1:9-10)**
  - 2. This man of God knew that this was not a one-time event, but a blessing every child of God could count on!
  - 3. This made prayer an essential element of his life! **(2 Cor 1:11)**
- B. How many of you have reached your "stress limit" lately?
  - 1. Often we have little ability to handle difficulties because of a weak faith.
  - 2. Sometimes our problems lie in the decisions we make.
  - 3. If we will put ourselves in the will of God, our loads will be bearable. **(1 Cor 10:13)**

***I. We must learn humility***

- A. In order to be humble we must see clearly. **(Rom 12:3)**
    - 1. Pride and envy cause us to pursue things that only bring us grief. **(1 Tim 6:6-10)**
- "Money and time are the heaviest burdens of life. Unhappiest are those who have more of either than they know how to use." - Samuel Johnson (1709–1784)
- 2. Have you asked the question "Is this really important?" What will matter in eternity?
  - 3. There are times we need to suffer so that we might see where the true riches are. **(Jas 4:9-10)**
- B. Humility will lead us where God wishes, not according to our own wishes. **(Acts 20:18-20)**
    - 1. Too many people make demands upon God. (Ex. "I will never do this!")
    - 2. Paul learned this in his suffering. **(2 Cor 12:7-10)**

***II. We must have confidence in the care of God***

- A. There are so many burdens lifted when we stop fighting God. Do we trust Him with our lives? **(Ps 13:1-3; 23:1-6)**
  - 1. It is easy to attend services but do we place our daily decisions before God?
  - 2. Why do we fail here? Are we afraid of what will happen? What does our faith teach us? **(1 Pt 3:12-14)**
- B. We must constantly be reminded about what our God is like. **(Rom 15:4)**
  - 1. When we know God our fears will disappear. **(1 Jn 4:18-19)**
  - 2. Are you building your faith or exhausting yourself over the cares of this life? **(Mk 4:19)**

***III. We must pray***

- A. Why do we most often have these conflicts in our hearts? **(Jas 4:1-3)**
  - 1. How often do you pray?
  - 2. What do you pray about?
  - 3. Many of us need to be crushed so that we might see. Have you forgotten God in your life?

- B. There is a great relief when we pray in faith. (**Phil 4:6-7**)
  1. When we pray in faith we will leave things with God. (Ex. Assignment)
  2. We can thank God in advance for His answer! (**1 Jn 5:14-15**)
  3. Those who do not pray in faith will not be blessed. (**Jas 1:6-8**)

**IV. We must seek wisdom about what we should do.**

- A. Our faith in God will give us wisdom to know what we should give to Him in prayer and what we should take on as our responsibility. (**Matt 11:28-30**)
  1. "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."
  2. Faith in God allows us to realistically look at our problems without self deception!
  3. Consider Paul's understanding concerning the work of preaching the gospel in **1 Cor. 3:5-7**. What was Paul's duty? What was Apollos' duty? What was God's part?

B. Our faith in God will make us doers. (**Jas 1:22**)  
 "Life has burdens that no one can escape. Christianity does not remove the load: it teaches us how to bear the burdens that fall rightfully to us."

1. There is a real joy in sacrifice. (**Heb 12:2**)
2. When we are involved in God's work, the things of this life seem small.

C. Our faith in God will cause us to seek Godly council. (**Gal 6:1-2**)  
 "No burden is too heavy when it is carried with love."

1. Are you humble enough to admit your struggles to another Christian? (**Jas 5:16**)
2. Who are your closest friends? Brethren we need each other.

The main business of friendship is to sustain and make bearable each other's burdens. We may do more of that as friends than we do anything else. - Eugene Kennedy

3. The more we can share each other's loads the stronger we all will be. (**1 Cor 12:26-27**)

"The truest help we can render an afflicted man is not to take his burden from him, but to call out his best strength that he may be able to bear the burden." - Phillips Brooks (1835–1893)

- D. Our faith in God will cause us to cast off needless weight. (**Heb 12:1-2**)
  1. "Should we reduce our spending or take on a new job?"
  2. What is important and what is essential?
  3. We should take one day at a time. (**Mt 6:34**)

"No man ever sank under the burden of the day. It is when tomorrow's burden is added to the burden of today, that the weight is more than a man can bear."

**Conclusion:** Will you trust God enough to give Him your burdens?

- A. God's way is never burdensome. (**1 Jn 5:3**)
  1. How many of us argue with God?
  2. Do you really seek after God's word?
- B. Often we are our own worst enemy. God is waiting to take our burdens.