



# STANDING UNDER THE BURDEN

Learning to Trust the Lord of Armies



## Psalm 46

God is our refuge and strength,  
a helper who is always found  
in times of trouble. Therefore we  
will not be afraid,  
though the earth trembles  
and the mountains topple  
into the depths of the seas,

# Psalm 46

though its water roars and foams  
and the mountains quake with its  
turmoil.

There is a river—  
its streams delight the city of God,  
the holy dwelling place of the Most  
High.





## Psalm 46

God is within her; she will not be  
toppled. God will help her when the  
morning dawns.

Nations rage, kingdoms topple; the  
earth melts when he lifts his voice.

The Lord of Armies is with us;  
the God of Jacob is our stronghold.

## Psalm 46

Come, see the works of the Lord,  
who brings devastation on the  
earth. He makes wars cease  
throughout the earth.  
He shatters bows and cuts spears  
to pieces; he sets wagons ablaze.





## Psalm 46

**“Stop fighting, and know that I am  
God, exalted among the nations,  
exalted on the earth.”**

**The Lord of Armies is with us;  
the God of Jacob is our stronghold.**

# HOW DO WE STAND?



# WE BELIEVE GOD, OR WE DON'T

raise be to the Lord, who has  
of Israel,  
because he has come to his  
people and redeemed  
them.  
has raised up a horn of  
salvation for us  
in the house of his servant  
David  
he said through his holy  
prophets of long ago,  
and now he has done it  
in our days.

## The Birth of Jesus

2 In those days Caesar Augustus issued a decree that a census should be taken of the entire Roman world. (This was the first census that took place while Quirinius was governor of Syria.) And everyone went to their own towns to be registered.

When the signs had been fulfilled and gone into effect, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about."  
16 So they hurried off and found Mary and Joseph, and the baby who was lying in the manger. When they had seen this,



- **ABRAHAM BELIEVED GOD**
- **IT'S A PROCESS**
- **TRAVAIL AND BURDENS ARE UNAVOIDABLE**
- **HE WILL NEVER LEAVE US**

Even when I go through the  
darkest valley, I fear no danger,  
for you are with me; your rod and  
your staff—they comfort me.

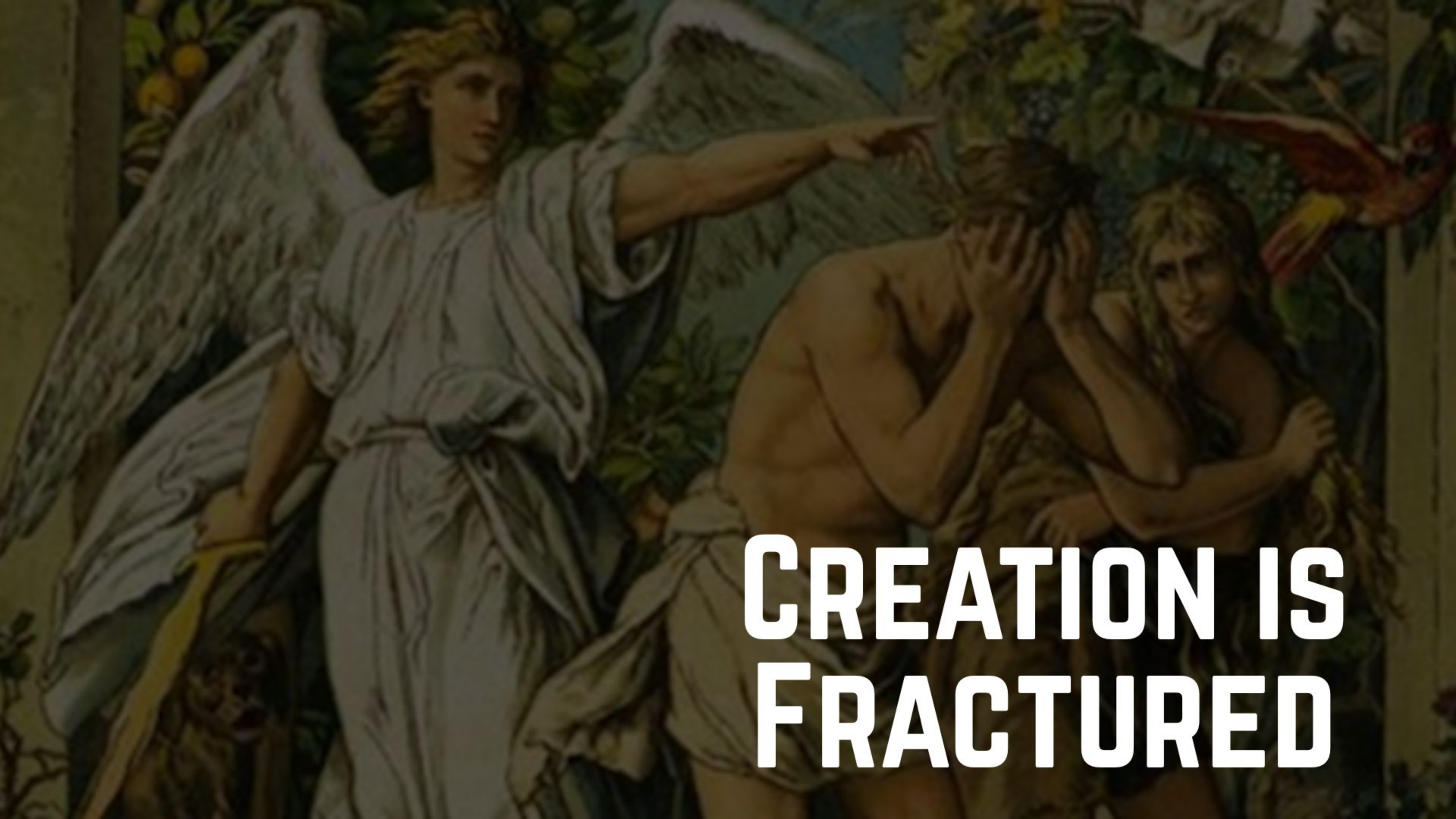
Psalm 23:4

Yet I am always with you; you hold  
my right hand. You guide me with  
your counsel, and afterward you  
will take me up in glory.

Psalm 73:23-26

Who do I have in heaven but you?  
And I desire nothing on earth but  
you. My **flesh** and my **heart** may fail,  
but **God** is the **strength** of my heart,  
my portion **forever**.

Psalm 73:23-26



**CREATION IS  
FRACTURED**

# **SUFFERING DOESN'T COMPARE TO GLORY**

**For I consider that the sufferings of this  
present time are not worth comparing  
with the glory that is going to be revealed  
to us.**

**Romans 8:18**

# CREATION WAITS FOR OUR REDEMPTION

For the creation eagerly waits with anticipation for God's sons to be revealed. For the creation was subjected to futility—not willingly, but because of him who subjected it—in the hope

Romans 8:19-20

that the creation itself will also be set free from the bondage to decay into the glorious freedom of God's children. For we know that the whole creation has been **groaning** together with labor pains until now.

Romans 8:21-22



**BURDENS ARE PART  
OF HUMANITY**

# WE ALL GROAN

Not only that, but we ourselves who have the Spirit as the firstfruits—we also **groan** within ourselves, **eagerly** waiting for adoption, the **redemption** of our bodies.

Romans 8:23

# REDEMPTION IS OUR HOPE

Now in this hope we were saved, but hope that is seen is not hope, because who hopes for what he sees? Now if we hope for what we do not see, we eagerly wait for it with patience.

Romans 8:24-25

# **WE HAVE AN ADVOCATE**

**In the same way the Spirit also helps us in our weakness, because we do not know what to pray for as we should, but the Spirit himself intercedes for us with inexpressible groanings. And he who searches our hearts knows the mind of the Spirit, because he intercedes for the saints according to the will of God**

**Romans 8:26-27**

# IT'S OK TO LAMENT

I continually remember them  
and have become depressed. Yet I call this to  
mind, and therefore I have hope: Because of  
the Lord's faithful love we do not perish, for his  
mercies never end.

Lamentations 3:20-22

# IT'S OK TO LAMENT

They are new every morning;  
great is your faithfulness!

I say, "The Lord is my portion,  
therefore I will put my hope in him."

Lamentations 3:23-24

# IT'S OK TO LAMENT

The Lord is **good** to those who wait for him,  
to the person who **seeks** him. It is **good** to wait  
**quietly** for salvation from the Lord. It is **good** for  
a man to **bear the yoke** while he is still young.

Lamentations 3:25-27

# **EVEN TRAGEDY IS REDEEMED**

**We know that all things work together for the good of those who love God, who are called according to his purpose.**

**Romans 8:28**

# BEAR ONE ANOTHER'S BURDENS



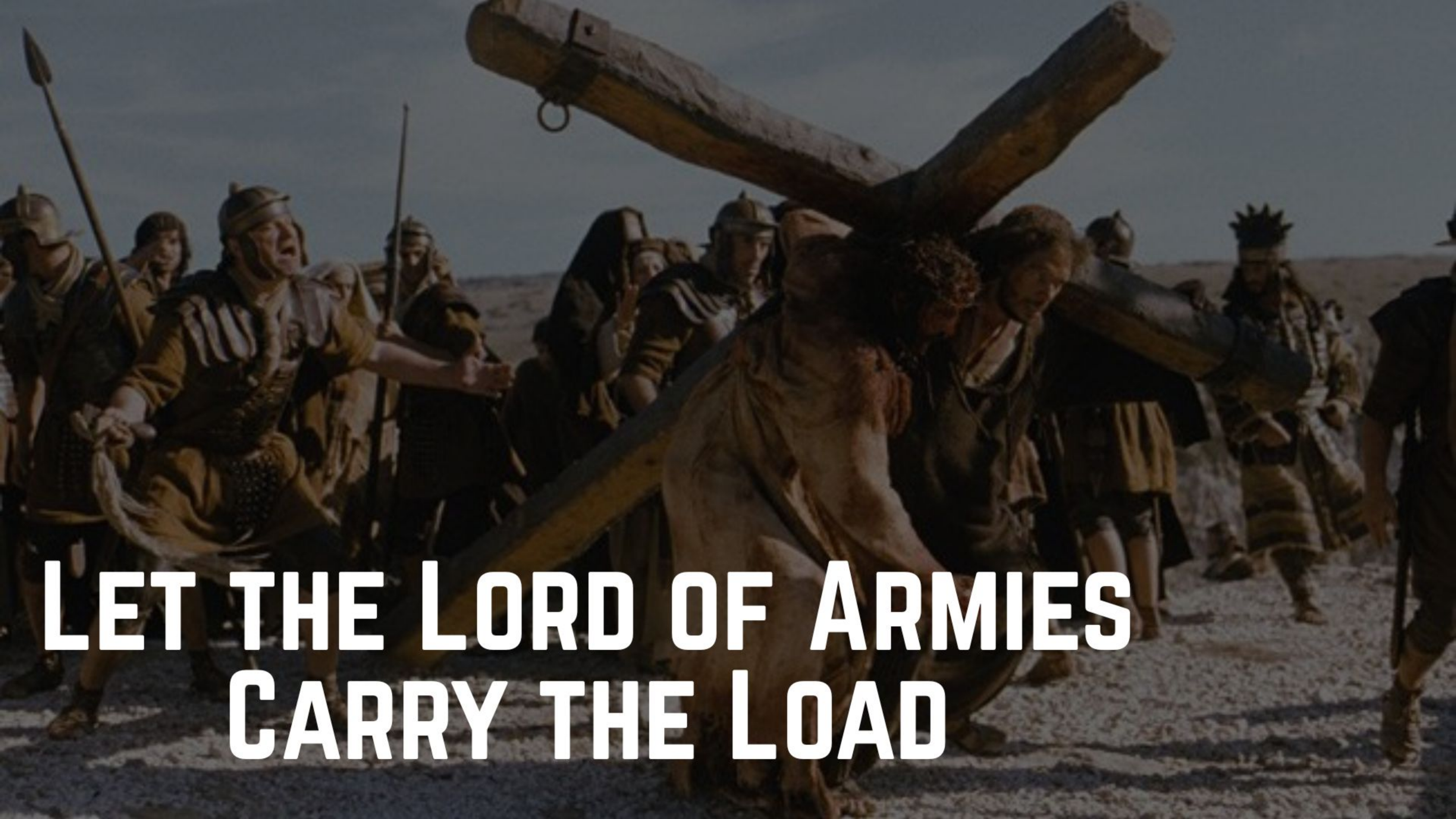
Carry one another's burdens; in  
this way you will fulfill the law  
of Christ

Galatians 6:2

# **JESUS' BURDENS ARE LIGHT**

**“Come to me, all of you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.**

**Matthew 11:28-30**



**LET THE LORD OF ARMIES  
CARRY THE LOAD**

# ELIMINATE OUR PRIDE

In the same way, you who are younger, be subject to the elders. All of you clothe yourselves with humility toward one another, because God resists the proud but gives grace to the humble.

1 Peter 5:5

# HUMBLE OURSELVES

Humble **yourselves**, therefore, under the mighty hand of God, so that **he** may exalt you at the **proper time**,

1 Peter 5:6

# HE WANTS TO CARRY OUR BURDENS

casting all your cares on him, because he  
cares about you.

1 Peter 5:6-7

A photograph of a dirt path winding through a dense forest. The path is covered in fallen leaves and leads into the distance. The trees are tall and thin, with green foliage. The text "COMMIT NOW TO FULLY TRUST IN GOD" is overlaid on the upper half of the image. "COMMIT" and "TO FULLY" are in white, "NOW" is in yellow, and "TRUST IN GOD" is in white.

**COMMIT NOW TO FULLY  
TRUST IN GOD**

# **MATURE BELIEVERS EXERCISE FAITH AND DISCERNMENT BEFORE IT IS NEEDED**

Although by this time you ought to be teachers, you need someone to teach you the basic principles of God's revelation again. You need milk, not solid food.  
13 Now everyone who lives on milk is inexperienced with the message about righteousness, because he is an infant.

**Hebrews 5:12-13**

# MATURE BELIEVERS EXERCISE FAITH AND DISCERNMENT BEFORE IT IS NEEDED

But solid food is for the **mature**—for  
those whose senses have been **trained**  
to distinguish between good and evil

Hebrews 5:14

**PRACTICE  
REJOICING!!**



You **rejoice** in this, even though now  
for a **short time**, if necessary, you  
suffer grief in various trials

1 Peter 1:6

Instead, rejoice as you share in the sufferings of Christ, so that you may also rejoice with great joy when his glory is revealed.

1 Peter 4:13

And not only that, but we also boast  
in our afflictions, because we know  
that **affliction** produces **endurance**,  
endurance produces **proven character**,  
and proven character produces **hope**.

Romans 5:3-4

This **hope will not** disappoint us,  
because God's love has been poured  
out in our hearts through the Holy  
Spirit who was given to us.

Romans 5:5



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