

Carrying our Burdens

Philadelphia Church

Pastor Derek Forseth

Sunday, May 7th, 2023

Job 5:7 NKJV

**Yet man is born to trouble,
As the sparks fly upward.**

Matthew 5:45 NKJV

that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.

Burden: Something that is carried, typically heavy in nature.

America spent 36.8 billion on medications for anxiety and worry last year.

- M.E.P.S.

Question

How do we bear life's burdens?

Jehovah Rapha: The God who heals or fixes broken things.

Galatians 6:1-5 NKJV

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. ² Bear one another's burdens, and so fulfill the law of Christ. ³ For if anyone thinks himself to be something, when he is nothing, he deceives himself. ⁴ But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. ⁵ For each one shall bear his own load.

Ephesians 4:1-3 NKJV

I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, ² with all lowliness and gentleness, with longsuffering, bearing with one another in love, ³ endeavoring to keep the unity of the Spirit in the bond of peace.

Long suffering: Having or showing patience in spite of troubles, especially caused by other people.

Forbearing: Politely or patiently restraining an impulse to do something. To refrain.

Prolemphthe/Prolambano (Greek): Overtaken in any trespass or sin. To be caught or overtaken. Something that catches up to you.

Galatians 6:2 NKJV

Bear one another's burdens, and so fulfill the law of Christ.

Galatians 6:3-5 NKJV

For if anyone thinks himself to be something, when he is nothing, he deceives himself. 4 But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. 5 For each one shall bear his own load.

Romans 12:3 NKJV

For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.

1 Peter 5:6-7 NLT

So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. ⁷ Give all your worries and cares to God, for he cares about you.

Matthew 11:28-30 NLT

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light.”

Truth

**Don't carry burdens that God
never meant you to carry.**

- Unk