

## THE BURDENS OF LIFE

A. **The living of life** inevitably leads to burdens.

1. There is a brief time in childhood when we are carefree, & that is as it should be.
2. However, the day fast approaches when we are confronted by the burdens of life.

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**Job 14:1-2** – *Man who is born of woman is of few days & full of trouble.* 2 He comes forth like a flower & fades away; he flees like a shadow & does not continue. **5:6-7** – For affliction does not come from the dust, nor does trouble spring from the ground; 7 Yet *man is born to trouble, as the sparks fly upward.*

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3. Christians share an additional burden of having to fend off the devil & his influence.

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**1 Pet 5:8-9** – *Be sober, be vigilant; because your adversary the devil walks about like a roaring lion*, seeking whom he may devour. 9 Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

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[We need to be perceptive & show compassion in these matters (**1 Cor 13:4, 5, 7**).

If we knew the full brunt of the burdens that each one bears, it might cause us to be less critical of our judgments toward them.]

### I. THE TEXT

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**Gal 6:1-5** – 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.

Don't ignore it or pretend that it doesn't exist

2 ***Bear one another's burdens***, & ***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, & then he will have rejoicing in himself alone, & not in another. 5 ***For each one shall bear his own*** (kfv, burden) ***load***.

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A. **Is there a contradiction?** In verse 2, “burden” is “baros” meaning load.

1. Other words derived from “barros”: *Burro* (beast of burden); wheelbarrow.

2. Paul refers to a *burden* thrust on one; a load of difficulty, sorrow or pain.

a. Christians are to *bear* “one another’s burdens” (difficulties, sorrows & pains); to *bear* means to *help lift & to endure*.

b. Some burdens just go on & on & on, & so we must go on & on bearing them with that brother or sister in Christ.

B. In **verse 5**, the word “burden” or “load” is “phortion” meaning pack.

1. This *pack* is one’s personal duties to God, & every Christian will bear that burden alone.

[There are many things in which you & I must “bear his [our] own load.”

The burden of verse 5 we bear alone, but the burden of verse 2 we are to bear with another.]

## II. WHAT TO DO WITH BURDENS

A. First, “**Every man shall bear his own burden**” (6:5). “For each one shall bear his own load” (nkjv) – Some of our burdens are ours alone:

1. No one can be baptized for you (1 Cor 15:29), that is your duty to God (Acts 2:38).

2. Preachers can’t minister to God on behalf of the church; we each have that duty (2 Tim 4:1-5).

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**Mark 13:32-37** – “But of that day & hour no one knows, not even the angels in heaven, nor the Son, but only the Father. 33 Take heed, watch & pray; for you do not know when the time is. 34 It is like a man going to a far country, who left his house & gave authority to his servants, & **to each his work**, & commanded the doorkeeper to watch. 35 Watch therefore, for you do not know when the master of the house is coming—in the evening, at midnight, at the crowing of the rooster, or in the morning—36 lest, coming suddenly, he find you sleeping. 37 **And what I say to you, I say to all: Watch!**” (Lk 19:13)

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3. Elders are not always blameworthy when problems arise in the church, many will bear that load of guilt (Acts 20:29).

4. No one can take care of your elderly parents, or raise your children in the Lord; those are your responsibilities (1 Tim 5:4, 16).
5. No one can share the responsibility for your sins (Ezek 18:4, 20).
6. Nor can one bear the temporal or eternal consequences of your sins (Rom 1:27; 6:23).
7. No one may answer for another when the Master returns (Rom 14:12; 2 Cor 5:10; Rev 20:12).

B. “Bear one another’s burdens” (6:2).

1. Contextual view: *Restore the erring* (1).
  - a. “Restore” means *to set in joint again*, as a doctor might set a dislocated bone.

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Heb 12:12-13 – Therefore ***strengthen the hands which hang down, & the feeble knees***, 13 & make straight paths for your feet, ***so that what is lame may not be dislocated***, but rather be healed.

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- b. Since the best doctors are sympathetic, kind & compassionate people with a good “bedside manner” Paul said, “Restore [the erring] in a spirit of gentleness, considering yourself.

2. Broader view: *Bearing one’s physical needs*.

- a. This aspect of bearing one another’s burdens is greatly overlooked.

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Rom 12:15-17 – Rejoice with those who rejoice, & weep with those who weep. 16 ***Be of the same mind toward one another***. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion.

Paul admonishes us to consider one another as we would want to be considered by one another.

Therefore, we should consider the circumstance of each member. Are they lonely, incapacitated, financially burdened, enduring family struggles, grieving? We take action in ways that we would like assistance if it were us.

**1 Cor 12:26-27** – *if one member suffers, all the members suffer with it*; or if one member is honored, all the members rejoice with it. 27 Now you are the body of Christ, & members individually.

A chain is no stronger than its weakest link – Or a body...its weakest part

### 3. Some bear the burden of *leadership*.

Elders: Heb 13:17 – *Obey those who rule over you, & be submissive, for they watch out for your souls, as those who must give account.* Let them do so with joy & not with grief, for that would be unprofitable for you (**Acts 14:21-23**).

**Acts 14:21-23** – And when they had preached the gospel to that city & made many disciples, they returned to Lystra, Iconium, & Antioch, 22 strengthening the souls of the disciples, exhorting them to continue in the faith, & saying, *“We must through many tribulations enter the kingdom of God.”* 23 *So when they had appointed elders in every church, & prayed with fasting, they commended them to the Lord in whom they had believed.*

Elders were & are necessary in order to lead us through the tribulations we will face in the Kingdom of God.

Deacons: Acts 6:5-7; Ruling officials: 1 Tim 2:1-5; Parents: Eph 6:4; Col 3:21

[How may we help people bear their burdens?

First, by having them on our minds so as to encourage & aid them when necessary; second, by living the right kind of life ourselves; & third, by regularly praying for them.]

Finally, the third thing that can be done with our burdens & with the burdens of others...]

### C. “Casting all your care upon Him” – “Cast your burden on the Lord”

1 Pet 5:6-7 – Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7 casting all your care upon Him, for He cares for you. He shall never permit the righteous to be moved.

Psa 55:22 – Cast your burden on the LORD, & He shall sustain you; He shall never permit the righteous to be moved.

1. Some burdens are beyond the reach of our effort; even beyond the ability of someone else to *help lift & endure*.

a. Jesus in the garden of Gethsemane: angel sent to minister (**Luke 22:43**)

b. Paul & his thorn in the flesh: grace was given  
(2 Cor 12:10)

c. David was deceived by a friend: the Lord  
heard & sustained (Psa 55:1-7, 12-14, 16-17, 22)

[This is not to say that we try the Lord's help when all else fails—Peter did say, “casting ALL your care upon Him, for He cares for you.”

But it is to say that when friends in Christ fail us, the Lord Himself will always be present with us; He remains faithful, true & trustworthy to come to our aid.]

## CLOSING

- A. Are we willing to assume those burdens that are ours; the ones that are not transferable?
- B. Are we conscious of the burdens of others; those loads that we can help them lift & endure—since we are to be our brother's keeper?

C. Finally, do we cast our burdens of disappointment, fear, failure & sin upon the Lord -- WHO CARES FOR US?

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**Isa 53:5-6** – But **He was wounded for our transgressions**, He was bruised for our iniquities; The chastisement for our peace was upon Him, & by His stripes we are healed. 6 All we like sheep have gone astray; We have turned, every one, to his own way; & the LORD has laid on Him the iniquity of us all.

**Lev 16:20-22** – And when he has made an end of atoning for the Holy Place, the tabernacle of meeting, & the altar, he shall bring the live goat. 21 Aaron shall lay both his hands on the head of the live goat, confess over it all the iniquities of the children of Israel, & all their transgressions, concerning all their sins, putting them on the head of the goat, & shall send it away into the wilderness by the hand of a suitable man. 22 **The goat shall bear on itself all their iniquities to an uninhabited land**; & he shall release the goat in the wilderness.

**Matt 11:28-30** – **Come to Me, all you who labor & are heavy laden, & I will give you rest.** 29 Take My yoke upon you & learn from Me, for I am gentle & lowly in heart, & you will find rest for your souls. 30 For My yoke is easy & My burden is light."

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## GOD'S PLAN FOR OUR SALVATION:

**Hear the gospel of Jesus Christ; read it in your Bible:** Acts 2; 3; 13; Rom 10:17

**Believe Jesus to be Lord and Christ, the Son of God and Savior:** Acts 2:36; John 3:16; 8:24; 20:30-31; Acts 4:12; Titus 1:4

**Repent of your sins:** Acts 2:38; 3:19; 17:30; 1 John 3:4

**Confess your faith in Jesus Christ:** Matt 10:32-33; Acts 8:37; Rom 10:9-10

**Be baptized for the forgiveness of your sins:** Acts 2:38; Rom 6:3-4; Gal 3:27; Acts 2:38; 1 Pet 3:21

**Be obedient to the Lord, He will be your Judge:** Titus 2:11-12; Heb 5:9; 2 John 9; Rev 2:10; John 12:48