

His plan.

- 2) The word “moved” describes a shaky stumbling action that may result in falling. One lexicon states, “It is used of a wavering, wobbling action, response, or condition in various situations.” <sup>CWSD</sup>
- 3) If we begin to wobble and worry about our burden, that response did not come from God.
- 4) The words of our chorus “**Cast Your Burden**” are rooted in this verse and 1 Peter 5:7. “Cast your burden on the Lord, and He will keep you, He has promised He will never ever leave you; He will always be there ready to uphold you, Cast your burden on the Lord for Jesus cares. - When discouraged ask the Lord to make you cheerful, Seek the comfort of the Lord when you are tearful, Trust the Lord with all your heart when you are fearful, Cast your burden on the Lord for Jesus cares.

**Conclusion:** When the next a burden flies into your life, whether it be tiny or huge, run to this verse. Ponder God’s instruction and promises. Trust the Lord and obey. Cast your burden on Him. Use the time of your burden to grow spiritually. Spend more time in the Word. Increase your time in prayer. Follow God’s admonition to let godly friends help you bear the burden. Never forget, God cares for you!

**Song:** Jesus, I Am Resting, 57

# Cast Your Burden on the Lord

14 January 2024 PM – Text: Psalm 55.22 – Topic: Burdens

**Introduction:** While building a shed, a father had to carry long, heavy poles to the locations where they would be used in the construction. His young boy was trying to help, but the poles were far too heavy for him to carry. Finally, the lad said, “Dad, I need help!” His father replied, “Son, you carry the end, and I will carry the middle.” By doing so, the father carried a major part of the burden. That is what God offers to do for us. If we let him, he will carry the heavy burden and enable us to carry the light end.

If you are struggling with a burden, ask the Lord for help, and let him carry the heavy load for you. Psalm 55:22.

**Transition:** Join me as we take a closer look at this wonderful promise.

## 1. This promise is given to the righteous.

### a. Not all Bible promises are for everyone.

- 1) When God promised Zacharias that his wife, Elisabeth, would bear a son, that promise was not for everyone. It was for Zacharias.
- 2) However, when Jesus said in Matthew 11:28, “**Come unto me, all ye that labour and are heavy laden, and I will give you rest.**” That promise is for all who will come to him.
- 3) In this case, David was writing to those who were righteous.

### b. This promise is just for the righteous.

- 1) Who are the righteous?
- 2) The root idea of the word is “**one who walks a straight path,**” <sup>AHLB</sup> or “**one who conforms to a standard.**” <sup>CWSD</sup>. A righteous person is one who is doing right in God’s sight. That person is seeking to obey and please God.
- 3) Before we can rightly claim this promise, we must first examine our hearts and be sure there is nothing between our soul and the Saviour. If God reveals a sinful attitude or action, humbly agree with God, and confess it. (1 John 1:9) “**If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all**

**unrighteousness.**" When God cleanses all unrighteousness, he leaves only righteousness.

## 2. This promise calls for action.

### a. It applies to those with a burden.

- 1) Burdens are as common as flies. However, some are like tiny fruit flies and others are like the huge biting horse flies in the country.
- 2) Burdens are cares. They weigh us down. They trouble our hearts. They afflict our bodies. They occupy our thoughts. They rob us of sleep. They disturb our peace. Worse yet, Satan uses them to tempt us to worry and distrust God.
- 3) Interestingly, the word used here speaks of "**that which is given.**" Satan gave Job many physical and emotional burdens. Jacob's son Joseph was given many burdens by his brothers, his master's wife, and the prison. King Saul gave David many burdens as he sought his life. Jesus' disciples were given the burden of a storm filling their boat with water. In each case, God allowed Satan to give the burdens. The same is true in your life and mine.

### b. We are to cast our burden on the LORD.

- 1) To "cast" is to throw. This is what you do when you throw rubbish in the bin. You cast it down and do not pick it up again.
- 2) **Hagar** cast Ismael under a shrub. **Joseph** was cast into a pit. **Pharaoh** ordered to cast newborn Jewish boys into the river. **Moses** cast his rod on the ground, and it became a serpent. To help Joshua in a battle, the **Lord** cast down great hailstones on the enemy. **Jeremiah's** enemies cast him into the dungeon. From these examples, we see that to cast was to release something and throw it down.
- 3) As Christians, we are to cast our burdens on the Lord. We are to release them. We are to give them to Him and not pick them up again.
- 4) Satan does not want us to cast our burdens on the Lord. When tempted to worry, what should we do?
  - a) Spend extra time in focused Bible study.
  - b) Review the character of God.

- c) Pray about it with your spouse or a godly friend.
  - d) Strive to think about good things. Occupy your mind with audio Bible reading, godly music <sup>(abidingradio.org)</sup>, Christian audiobooks, good sermons, etc.
  - e) Keep yourself busy serving the Lord.
- 5) Not only are we to cast our burdens on the Lord, but God commands us in Galatians 6:2, "**Bear ye one another's burdens, and so fulfil the law of Christ.**" This means that we ought to discretely share our burdens with godly friends so that they can help us bear that burden.
- 6) Worry never eases the burden, it always adds to the weight of the burden. When I begin to worry, the Lord often reminds me of missionary Hudson Taylor's response when he heard that the lives of some of his Chinese workers were in danger. He went about his work singing the hymn, "**Jesus, I am Resting**". <sup>GH57</sup>.

## 3. This promise gives us a dual assurance.

### a. Jehovah will sustain us.

- 1) The English word "**sustain**" in this context means to "supply with necessities and support" <sup>WordWeb Dictionary</sup>.
- 2) It is helpful to note that the meaning of the Hebrew word is broader.
  - a) One lexicon says it is, "To provide what is needed to make someone or something whole or complete." <sup>AHLB</sup>
  - b) Another says it is, "clasping or holding something." <sup>CWSD</sup>
  - c) Yet another lexicon adds words like, "support, nourish, restrain, and maintain." <sup>BDB</sup>
- 3) When God sustains us during a burden, He provides what we need to make us complete; He holds us in His mighty hand; He nourishes and maintains our welfare.
- 4) Peter expressed this well. (1 Peter 5:7) "**Casting all your care upon him; for he careth for you.**"

### b. Jehovah will never suffer us to be moved.

- 1) The word "suffer" literally means to give. If we go in a wrong way, God did not give us that inclination. It was not