

**HANDLING WHAT HANDLES YOU  
HOW TO HANDLE OUR BURDENS  
GALATIANS 6:2-5**

**Introductions**

We all have burdens that affect us at different times and in different ways in our lives...I'm speaking of things that weigh heavy on us:

**Sometimes there are things that weigh on us PHYSICALLY:**

It might be an abnormality that one is born with or has inherited and cannot change...

It might be a physical handicap that one is dealing with from birth, or from a disease, or even from an injury of some sort...

It might be a chronic illness where there seems to be no hope of recovery.

**Sometimes there are things that weigh on us EMOTIONALLY:**

It might be a burden over a loss of some kind in our lives. (The loss of a spouse due to divorce or death, the loss of a parent, the loss of a child, the loss of a friend or a pet, a financial reversal)

It might be a burden like depression or anxiety or some other psychological disorder. (No reason but a Chemical imbalance?)

**Sometimes there are things that weigh on us SPIRITUALLY:**

It may be that we have **drifted away from the LORD** and we're having trouble finding our way back to Him.

It may be that we have **succumbed to some strong temptation** in our lives and fallen into deep sin and now both the guilt and consequences of our sin are weighing heavy on us !

It may be something that I haven't hit upon yet!

**Sometimes life gets really tough and there are things that may weigh heavy on us in EVERY area of our lives—Physically, Emotionally and Spiritually!**

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Burdensome troubles are a part of living in a sin cursed world!

*Job 14:1 Man that is born of a woman is of few days, and full of trouble.*

We all experience problems and cares and troubles that weigh us down in some way! And while we don't all share the good things such as wealth, but we all have burdens.

Every day of life here on earth can bring to us it's own assortment of burdens! So, here is the question we want to look at this evening:

**How are we to handle our burdens?**

**I. WE NEED TO REALIZE THAT SOME BURDENS ARE MEANT TO BE SHARED! (Vs 2)**

**So, what are some examples of burdens that are to be shared?**

**A. Faults And Failures. (Vs 1-3)**

When a fellow believer is tempted and *"overtaken in a fault!"*  
*[Now understand that "overtaken in a fault" is NOT speaking of those who have CHOSEN to live in sin!]*

Rather than pointing accusing fingers or shooting our wounded, we should reach down and give them a helping hand to lift them up, and help them get back on track as best we can.

We are supposed to encourage and strengthen one another when it comes to faults and failures.

The only thing which will keep us from heeding the admonition of vs. 2, is to think that we personally are above ever needing this kind of help!

There are people like that...People who feel they are God's gift to the Church and to humanity, and actually feel good about themselves when others fall!

Well isn't that just a self-righteousness attitude!  
It is self-deception! We all need each other at times!

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Every one of us is “*prone to wander*”, and we need each other!

**Faults and failures** are meant to be shared...what else?

**B. Sorrow And Grief!**

*“Be kind to everyone for everyone has sorrow of some kind.”*

Tragedy, sorrow, disappointment, depression, and grief will eventually visit the house of every person.

(Ruth to Boaz)

*Ruth 2:13—“Then she said, Let me find favour in thy sight, my lord; for that thou hast comforted me, and for that thou hast spoken friendly unto thine handmaid, though I be not like unto one of thine handmaidens.”*

Think about it. She was a widow grieving over the loss of her husband and grieving over what that meant for her lot in life! She was a stranger in a foreign land...she was an outcast. She expected to be ostracized, and to have to do without. But Boaz came into her life and comforted her.

Whom have you comforted recently? Who has comforted you?

The book of second Corinthians tells us that our God is the God of all comfort. It also tells us that the reason God allows sorrows to come to us as believers is so we can be comforted personally by God, and then in turn comfort others in need of that same comfort by the same comfort that we were comforted with!

*2 Corinthians 1:4—“Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.”*

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*Ill.—A preacher by the name of George W. Truett who was pastor at First Baptist of Dallas years ago told of a lady in his Church who had a baby who died. He tried and tried but could not comfort the woman. Hours of counseling didn't do it. But then he remembered another lady in the Church who had been thru the same thing before. He enlisted her help, and he said she did more in 5 minutes than he ever did.*

We should never wallow in our self-pity and allow our trials and tragedies to be wasted! (*I preached a series of messages on that before that can be a great help to you in that area.*) God wants to use even our trials and tragedies for good in others and for His glory! Many of you have been through things that uniquely qualify you to help others that maybe I could never help! That is, if you'll allow God to use you!

So, let's be patient and kind, understanding that everyone has burdens.

*Ill.—The late Dr. J. Vernon McGee told of a Church member criticizing him for “ignoring him” on the subway. This wasn't his usual way, so he asked when it was. Then he remembered that day, and the very bad news he had heard, and the burden he was carrying. He apologized as he told the man the situation. The man's heart broke as he empathized and realized his Pastor wasn't perfect and had a life of his own, and didn't exist merely for others at all times...and he apologized and became more patient and kind.*

So lift a burden with a kind word or note...because **we need to realize that some burdens are meant to be shared!**

**II. WE NEED TO REALIZE THAT SOME BURDENS ARE MEANT TO BE SHOULDERED! (Vs 5)**

Now this seems almost contradictory to verse 2. What's going on?

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I believe these two verses are talking about two different kinds of burdens. Some are to be shared by others, but some burdens are meant to be shouldered [alone]

There are some burdens which no one else can help you with!  
**So, what are some examples of burdens to be shouldered:**

**A. The Consequences Of Personal Sin! (Galatians 6:7-8)**  
We live in a day and time in which people want to sin as they wish and ignore the consequences and avoid them altogether!

The attitude in society today is to absolve oneself of any personal responsibility: The attitude of *“It’s not my fault...”*

It’s my parents’ fault...  
It’s my ex’s fault...  
It’s my boss’ fault...  
It’s society’s fault...  
It’s anybody’s fault but my fault...

I’m not discounting or minimizing the effects that our past and people in our past or present can sometimes have in our lives!

What I’m saying is that in Jesus Christ you CAN get past your past!

When you take the *“it’s not my fault”* attitude too far, you wind up trying to shrug off all personal responsibility for your life and develop a victim’s mentality where absolutely everything bad in your life is someone else’s fault!

That’s a lot of why we’re in a mess today as so many don’t want to take personal responsibility for the choices they make!

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III.—A story was once published in the St. Louis Post-Dispatch that reported that killers become killers for 2 reasons:

1. A difficult delivery at birth
2. They were rejected by their mother

The article went on to say that if forceps were used on you when you were born you have a higher likelihood to kill people one day!

Now I understand that certain things in our past can *“predispose”* us to certain things, but we still make our choices, and when we make our bed, we have to sleep in it! (Suck it up buttercup!)

Your parents lifestyle may have exposed you to all kinds of vices—alcohol, drugs, adultery, anger, and violence. But you still have a choice to make when personally tempted with the same things! We can rise above it and break the cycle of sin if we want to, with God’s help. There’s victory in Jesus if we want it!

But if you do the crime...be willing to do the time!

The blame game and passing the buck have been around since Adam and Eve in the garden of Eden!

III.—Adam said, *“It’s that woman you gave me, God”*  
Eve said, *“It was that serpent, God.”* God was not impressed!  
The consequences of their choices were still upon them!

Sometimes we just need to say, *“I’m responsible!”* and accept the consequences and move on with our lives the best we can with God’s help!

We can choose to sin, but we cannot choose the consequences!

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*We must shoulder the consequences of our sin! What else?*

**B. We Must Shoulder The Judgment Of Our Sin!**

This is serious folks.

*Hebrews 9:27—“...it is appointed unto men once to die, but after this the judgment:”*

Everyone here will someday stand before God...alone!  
I cannot stand with you and no one with me.  
Your parents won't be beside you nor your attorney.  
We will all have to give an account!

The saved will be secure, but we still will have to answer at our judgment. Thank God, the Christian's sin has already been judged at Calvary, but we will give an account for how carefully or how carelessly we lived our Christian life.

Some will suffer loss. If you think you can live a haphazard Christian life and get away with it you are badly, sadly mistaken. **Our service** will be judged, **our stewardship, our motives**, and then rewards will be given for that which was done truly for Christ, who knows the heart.

The lost will have no hope at their judgment. They will stand before God with the burden of sin still on them! There's only one sin for which a person will go to hell...the sin of rejecting Jesus Christ as Savior. If you need to be saved today and you reject the opportunity, you are inviting this scene to take place, alone before God, and you and your burden of sin will be cast into the lake of fire.

No matter which judgment you appear at...all the veneer and excuses are stripped away...it's just you and God!

*Some Burdens Are Meant To Be Shared...Some Shouldered...*

**III. WE NEED TO REALIZE THAT SOME BURDENS ARE MEANT TO BE SHED!**

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*Psalm 55:22—“Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.”*

Jesus is our great burden bearer! Sometimes we cling to a burden and try to carry it ourselves! We can be deceived into thinking God wants us to carry something by ourselves as if we are somehow serving God by doing so! But realize there are some burdens He wants to carry for us, if we'll let Him.

*Matthew 11:28-30—“Come unto me, all ye that labour and are heavy laden, and I will give you rest. [29] Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. [30] For my yoke is easy, and my burden is light.*

When it's more than you can bear and you don't think you can take another step, why don't you just lay it on Jesus?

For some reason sometimes, we feel like we can make it ourselves. But there are times when we need to let it go and let God take it!  
**One of these two things will happen when we cast our burden on the Lord:**

**A. The Lord Will Lift The Burden...**

I've seen people have a health need, and they pray, and it goes away. Financial need...and God provides the money. Now the Lord can do that and it's always great when that happens. But that's not always how God works...

**B. The Lord Will Lift You...**

Psalm 55:22 that I read said “...He shall sustain thee.” Sometimes the Lord doesn't lift the burden...sometimes He chooses to just lift you!

We've seen how the Apostle Paul is an example of this. 3 times He asked God to lift a burden he was carrying. God's answer was “no, but I'll give you grace”.

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Some folks get bitter toward God because they've asked Him to lift their burden and it doesn't seem that He has...but please realize it may be His will to lift you up, and carry you and that burden through it all.

But when we throw a perpetual pity party we don't allow Him to carry us or the burden either! *"He shall sustain THEE!"*

*ill.—There was a man walking down road with a big, heavy sack of potatoes on his shoulder. A man in a pick-up truck felt sorry for him and offered him a ride. He climbed in, but kept sack on his shoulder. After a while the driver looked over and said, "Man, why don't you put that sack in the floorboard and relax". He replied, "No sir, I'll not do it...it's bad enough that you'd carry me to town, I'm not gonna ask you to carry these taters too!"*

Now that makes about as much sense as what we do with the Lord sometimes. Are you carrying a burden that the Lord never intended for you to carry...but you seem to insist!?

*"I must tell Jesus, all of my trials, I cannot bear these burdens alone in my distress He kindly will help me, He ever loves and cares for His own."*

Why not come to the altar and cast your burden on the Lord and leave it there!

There are burdens to share...to shoulder...to shed! Don't get them confused!