

Solid Rock Christian Church Manassas, Virginia

Bible Study - May 13, 2021

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Title: "When You Carry Heavy Burdens"

Sub-Title: "Check Your Baggage Here"

Scripture Reference: Matthew 11:28-30

"Come unto me all ye that labor and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light."

I. Introduction

A. Life has a way of presenting each of us with many challenges. Sometimes those challenges are the result of our own actions or decisions, and sometimes they come upon us from others.

B. When the challenges come and they seem to be overwhelming, and especially if we are unable to resolve and solve what may be a problem, it can become a burden. A burden implies a load or a weight. The weight can be physically and or emotionally draining.

C. When that happens, how do you deal with it? Let me share a little story with you - it goes like this:

A Christian gentleman, weary from carrying his cross, passed through a small village. He noticed a sign in front of a store which read, "Crosses Traded Here." Thinking his load was unfair and his cross too heavy, the man decided to go inside the store and look around. Upon entering, he was amazed to discover the store filled from wall-to-wall with crosses. He told the owner, "I'm tired of carrying this cross and I would like to trade it for a different one."

The man approached a stack of crosses, comparing them for size and comfort. He picked one up, but it was much heavier than his.

So, he told the shop owner, "I don't want this one." He continued to pick up other crosses but they all were much heavier than his.

After going through the entire store, he finally came to the last cross and picked it up with ease. He then told the store owner, "I'll trade my cross for this one!"

The owner then said to the man, "**But sir, that is the cross you carried in here!**"

Comment: Sometimes we think our burdens are too heavy until we compare them with the persecutions of the saints from the past.

D. Even though our trials are light in comparison, some of the burdens we carry can still be overwhelming.

E. The Lord Jesus Christ wants to take our burdens and give us rest. But if this is true (**and it certainly is**), why then do so many Christians still feel weighted down with problems?

F. Perhaps there is a reasonable explanation. Maybe the problem lies with our inability to release our burdens.

II. Exposition [Part I] - The Luggage of Life

A. Burdens are the luggage bags we carry throughout life. We don't carry burdens in our hands or on our backs. We transport this unseen baggage on our souls.

B. Even though we may not see a burden in the physical realm, we can feel the weight as a spiritual load on our souls.

Comment: No one is exempt from heavy problems! But if we begin to dwell upon them, those burdensome thoughts will become weights upon our souls. As a result, we will be forced to carry those invisible weights with us everywhere we go, unless we learn how to release them.

III. Exposition [Part II] - Accumulating Excess Baggage

A. The burdens we carry on our souls are produced by the difficulties we encounter every day. They may be real or imaginary, but both will affect us the same way.

Comment: Even what we perceive to be problems can weigh us down.

B. Although we may carry some baggage without becoming weary, burdens accumulate over time. Just like a weight lifter adds weight to a barbell, we add weights to our souls.

C. When we experience a difficult problem, we add that baggage to our load. When another problem comes along, if we don't learn to release it, the new problem is added on.

D. If we continue to stack one problem on top of another like layers of a sandwich, we will become depressed. Jesus referred to this state of the soul as being "**weary and heavy laden.**" This is why Jesus went on to say - "**Come unto me, all ye that labour and are heavy laden, and I will give you rest.**"

E. A small airplane crashed because it carried too much baggage. The extra weight kept the plane from climbing to the desired altitude after takeoff and the plane crashed into some trees.

F. Too much baggage loaded onto our souls will hinder us from reaching our highest potential and may even cause our downfall.

G. In order to relieve ourselves of excess baggage, we need to understand how we accumulate it as we travel through life. I believe that most of us never stop to think and really consider how we pick up these extra loads. Here are just a couple of examples of how we pick up and carry extra baggage.

- (1) A small child is teased and humiliated by other students in school, causing the child to think that no one will ever accept them. A burden was just placed on the soul of that child and will probably be carried for the next fifteen years or more.
- (2) A business man can't get all of his work done at the office, so he brings it home. He has no time for his family; the bills are neglected but work comes first. He is carrying too many burdens and doesn't even

realize it until he loses his entire family. As a result, he bears a burden for the rest of his life.

Comment: Just because we may have, on the surface, dealt with a problem twenty years again, it doesn't necessarily mean that it no longer affects us. We may have packed it away in one of our suitcases we are carrying through life.

H. We pack our excess baggage in three distinct suitcases - the past, the present, and the future. We must all carry some baggage as we travel toward our destination in life, but we don't need to carry more bags than are necessary.

Point: If we are going to have a successful journey, we must check the baggage we are lugging and leave unnecessary bags behind!

IV. Exposition [Part III] - Checking Your Baggage - Past Baggage: Regrets

A. Burdens from the past are known as regrets. As we travel down Bad Memory Lane, we drag all of our regrets from the past as excess luggage. ((Anyone willing to admit that this happens?))

B. People who live in the past drive down the highway of life with their eyes fixed on their rear-view mirror. (Some you may recall this expression from the past when I referred to this condition as "The Rear-View Mirror Syndrome.")

C. People who keep their eyes fixed on their rear-view mirror usually have conversations that revolve around hurts or mistakes that occurred earlier in their lives. They would love to go back into the past and change their circumstances. But because this is impossible, they vent their frustrations by talking about how they wish things could be different. (Is this speaking to anyone??)

D. We cannot change our past, but our past can change us if we choose to carry the extra luggage.

V. Exposition [Part IV] - Checking Your Baggage - The Second distinct suitcase in which we pack our excess baggage is - **Future**

Baggage: Worry (I know this seems out of sequence but bear with Me. You were expecting for me to discuss the "present" right here but hold on.)

- A. Worry concerns itself with every potentially bad possibility that might occur in the future.
- C. We may envision disaster that might happen to us or those we love. We may allow fear to convince us that God will forget about providing for our future needs, so we worry.
- D. People who worry are "**What if**" people. What if I get cancer? What if I lose my job? What if this or that happens? The list of "what if" questions is endless.

Worry is always caused by a lack of trust in God!

**VI. Exposition [Part V] - Checking Your Baggage -
Present Baggage: **Stress****

- A. The pressure we feel in our present situation is called stress.
- B. The present is the only time we can manage our burdens. You can't change the past and only God knows the future.
- C. Present baggage may involve overdue bills, strained relationships, or problems at work. Sometimes we may become overloaded with excess baggage simply because we have not been diligent in our daily responsibilities.
- D. Try to imagine carrying the past, future, and present baggage on top of your soul. Can you feel the pressure? There comes a time when we must let go of some of the suitcases and leave them behind.
- E. So, here is a word of encouragement - Release that extra baggage, and until you do, you will continue to carry it with you throughout life's journey.
- F. Just because you have brought that baggage this far, it doesn't mean that you have to continue carrying it! Leave any

excess baggage at the Baggage Claim and I imagine you're asking, How do I do that and where is the Baggage Claim? I'm so glad you asked.

VII. Exposition [Part VI] - **FIRST** - Let Go of Your Excess Baggage

"Casting all your cares upon him; for he careth for you." [1 Peter 5:7]

"Cast thy burdens upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved." [Psalm 55:22]

A. We can only let go of our excess baggage by giving all of our regrets, worry and stress to the Lord. Because He cares for us, He is concerned about every one of our problems.

B. When we cast our burdens to the Lord, we release them out of our hands and place them in His hands. Then we will no longer regret the past, be depressed by the present, or worry about the future.

C. Casting always involves letting go of something. This is why we can't just hand our burdens over to God - because we can deceive ourselves into thinking we have let go of our cares, when we really haven't.

D. Another word of encouragement - Don't cast your cares to the Lord with a string attached to them because if you do, it will be like a yo-yo. If this happens, you will try to pull those cares back in.

Consider this story as I make my point: A little boy got his hand stuck in an expensive vase. His parents tried everything to get his hand out. They tried soap and grease, but nothing worked. They thought they had no choice but to break the expensive vase.

His father got a hammer and was ready to break the vase. Just before he hit it, he asked his son a question.

"Jimmy, are you holding on to anything in the vase?"

Jimmy answered, "Yes Daddy."

What are you holding on to Son?

"I'm holding on to a nickel:

"Let go of the nickel, Jimmy," His father commanded.

"But I don't want to."

"Son, you have to let go if you want to be set free."

The little boy let go of the nickel, and his hand was easily freed.

E. Many people hold on to their excess baggage, refusing to let go.

VIII. Exposition [Part VII] - **SECOND** - Only Carry Enough Baggage For Today.

"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. ..."

[Matthew 6:34a]

A. We would be foolish to pack suitcases for our next five trips in the future. Any luggage we don't need for today's trip is excess baggage.

B. Living one day at a time keeps us from adding the excess weight from the past and future onto our souls. Remember the words of the Psalmist - **"This is the day which the Lord hath made; we will rejoice and be glad in it."** [Psalm 118:24]

C. It is impossible to go back in time and relive the past. We can't unscramble eggs, but we can make an omelet out of them. We also cannot live in the future.

D. Although we may not know what the future holds, we know who holds the future. Trusting God to control our future will keep us from handling that extra baggage.

We can learn from the past, and we can look to the future, but we can only live in the present.

It is once again interactive time. Please complete the biblical passages that follow by filling in the blank spaces. As always, each passage has been taken from the King James Version (KJV) of the Holy Bible.

"It is of the Lord's _____ that we are not _____, because his _____ fail not. They are _____ every _____: great is thy _____."

[Lamentations 3:22,23]

"For he saith to Moses, I will have _____ on whom I will have _____, and I will have _____ on whom I will have _____."

[Romans 9:15]

"And it shall come to pass in that day, that his _____ shall be taken _____ from off thy _____, and his _____ from off thy _____, and the _____ shall be _____ because of the _____."

[Isaiah 10:27]

"For God hath not _____ us the spirit of _____; but of _____, and of _____, and of a _____ mind."

[2 Timothy 1:7]

"For ye have not _____ the spirit of _____ again to fear; but ye have _____ the Spirit of _____, whereby we cry _____, _____."

[Romans 8:15]

QUESTIONS FOR YOU TO CONSIDER AND ACTIONS TO TAKE

1. What excess baggage are you carrying? Identify past and present baggage by writing each one down on a sheet of paper.

2. Cast and release every burden individually to the Lord. (Don't attached a string to them!)

3. After releasing each burden, Thank God for taking it away. Make sure that you do **NOT** reclaim the baggage by dwelling upon what you have released into God's capable hands. Pray and ask God for His strength and may you experience Victory and Peace in Him who does All things Well.

Thank you for sharing in this study session and my prayer is that you have been blessed.

Jude 3

Pastor Austin