

1 Peter 5:7 (NKJV)  
7 casting all your care upon  
Him, for He cares for you.

What Are We To Do With  
**Burdens?**





# What Are We To Do With **Burdens?**

**“BURDENS”**  
*Come In Many Forms*

## THE DESTRUCTIVE NATURE OF SIN



Proverbs 13:15 Good understanding gains favor, But the way of the unfaithful *is* hard.





# What Are We To Do With **Burdens?**

**“BURDENS”**  
*Come In Many Forms*

- ◆ Guilt / Sins Consequences
  - ◆ From our own sin ...
  - ◆ From other's sins ...
- ◆ Disappointments / Frustrations
  - ◆ Temptation / Anxiety / Doubt /





# What Are We To Do With **Burdens?**

**“BURDENS”**  
*Come In Many Forms*

- ◆ From living in a fallen world
  - ◆ Work / sickness / death / Grief
  - ◆ Sorrow / Discouragement / Worry
- ◆ Burdens from living right ...
  - ◆ Duty / Fatigue / hardship





# What Are We To Do With **Burdens?**

*Bear One Another's*  
**“BURDENS”**

## **Galatians 6:1–2 (NKJV)**

<sup>1</sup> 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. <sup>2</sup> Bear one another's burdens, and so fulfill the law of Christ.





# What Are We To Do With **Burdens?**

## *Bear One Another's* **“BURDENS”**

- ◆ **Bear** – to support, sustain, help hold up  
- (Gal 5:13,14; Rom. 15:1; 1 Thes 5:14)
- ◆ **Burdens** – temptations, trials, hardships, weaknesses, etc. - *“hardship which is regarded as particularly burdensome and exhausting - Louw Nida 22.4”* (Rom 8:35-39; Heb. 12:1-15)





# What Are We To Do With **Burdens?**

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◆ **Law of Christ** – the Gospel, a law of love, serving others instead of ourselves - (5:13; John 13:34; Philippians 2:1-8; 1 John 3:16-19; 4:7-11)





# What Are We To Do With **Burdens?**

*Bear Our Own*  
**“BURDENS”**

## **Galatians 6:3–5 (NKJV)**

<sup>3</sup> For if anyone thinks himself to be something, when he is nothing, he deceives himself. <sup>4</sup> But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. <sup>5</sup> For each one shall bear his own load.





# What Are We To Do With **Burdens?**

## *Bear Our Own* **“BURDENS”**

- ◆ **Examine own work** – [4] Faith, obedience, work, worship, (2 Cor. 13:5; Mat. 7:1-5; Rom 2; 14:10-13)
- ◆ **Each one shall bear his own burden** – [5] We are responsible for our own duties & actions - (Rom 14:7,8,10-12)





# What Are We To Do With **Burdens?**

*Give GOD Our  
“BURDENS”*

**1 Peter 5:6–7 (NKJV)**

<sup>6</sup> Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, <sup>7</sup> casting all your care upon Him, for He cares for you.





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# What Are We To Do With **Burdens?**

*Give GOD Our*  
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- ◆ **Not a promise that God will FIX all our troubles and problems like we want Him to – [1 Pet 5:7] (Rom 8:28)**
- ◆ **God will provide what is needed to sustain us IF WE SUBMIT TO HIM & TRUST HIM – [1 Pet 5:5,6, 8-11]**



# What Are We To Do With **Burdens?**

## CASTING ALL YOUR CARE UPON HIM ...

“God resists the proud, But gives grace to the humble.” <sup>6</sup>Therefore humble yourselves under the mighty hand of God ... (1 Peter 5:5,6)

- H ■ Yield Our Will to His — Mat 26:39-44; Ja. 4:13-17
- U ■ God is sovereign, not us — Ps. 103:19; Gal 2:20,21
- M ■ Wholly submit to God's rule — Mt 7:21-23; Co. 3:17
- B ■ Accept God's Discipline — Heb. 12:3-12
- L ■ Full Pursuit of God's Purpose — 2 Pet. 1:5-11
- E ■ Full Utilization of God's Provisions — Eph. 6:10-18





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# What Are We To Do With **Burdens?**

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- ◆ **“Casting”** – [the action of humbling ourselves, vs. 6 — 1 Pet 5:7]
- ◆ We are to move from the sphere of trusting in our own resources & strategies for life to resting in God and His resources. - James 4:13-17





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# What Are We To Do With **Burdens?**

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- ◆ **“All your care”** – [Gk - μέριμνα, ης merimna, “care, anxiety, worry.”]
- ◆ It is used in both a good sense of “godly concerns,” [2 Cor. 11:28], and in a bad sense of “worry, anxiety.” [Mat. 13:22]





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**“BURDENS”**

- ◆ **“All your care”** – [Gk - μέριμνα, ης merimna, “care, anxiety, worry.”]
- ◆ The emphasis is not on casting each individual care, but on casting the whole of one’s life on the Lord—lock, stock, and barrel.





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# What Are We To Do With **Burdens?**

*Give GOD Our*  
**“BURDENS”**

- ◆ **“Upon HIM”** – Our life is wholly dependent upon God.
- ◆ Don't worry about life, food or clothing - Mat 6:25-27
- ◆ Trust God - Mat 6:28-32
- ◆ Put God FIRST - Mat 6:33,34





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- ◆ **“For He cares for you”** – [John 3:16; Rom. 5:8-10; 1 Jn 4:9-11]
- ◆ God is infinitely more capable of caring for us than we are for ourselves. — [Heb 12:4-11; Rom. 8:12-39]





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# What Are We To Do With **Burdens?**

*Give GOD Our*  
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God is seeking to move us  
from the place of self-trust &  
self-reliance into greater  
and greater levels of faith.



# What Are We To Do With **Burdens?**

<sup>6</sup> Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, <sup>7</sup> casting all your care upon Him, for He cares for you. — 1 Peter 5:6–7 (NKJV)

## **1 Peter 5:8–11 (NKJV)**

<sup>8</sup> Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. <sup>9</sup> Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.





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## **1 Peter 5:8–11 (NKJV)**

<sup>10</sup> But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle *you*. <sup>11</sup> To Him *be* the glory and the dominion forever and ever. Amen.







# What Are We To Do With **Burdens?**

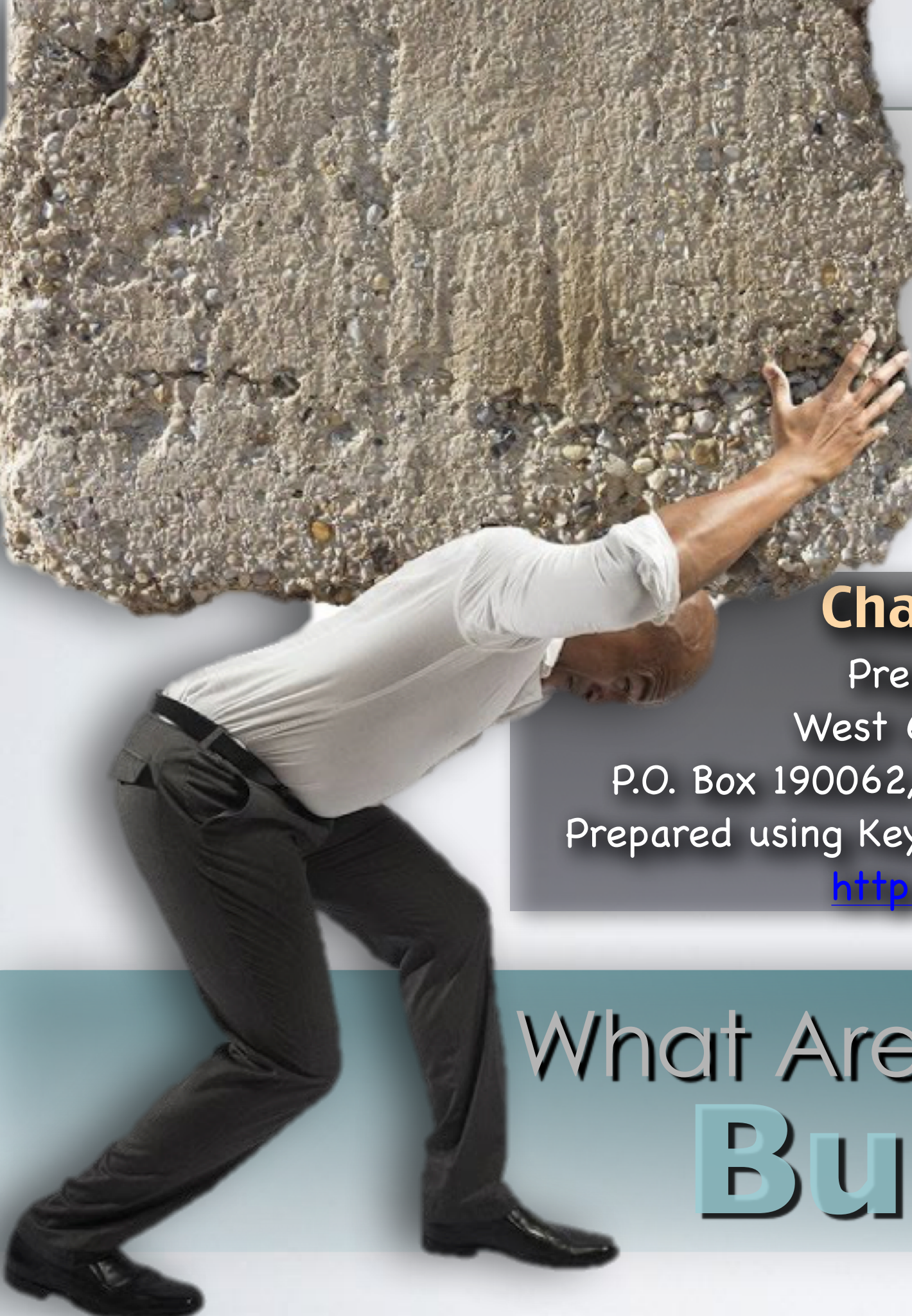
## **Matthew 11:28–30 (NKJV)**

<sup>28</sup> Come to Me, all *you* who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For My yoke *is* easy and My burden is light.”









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# What Are We To Do With **Burdens?**



# LUKE 12:22-31 (NKJV)

<sup>22</sup> Then He said to His disciples, “Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on. <sup>23</sup> Life is more than food, and the body *is more* than clothing. <sup>24</sup> Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds? <sup>25</sup> And which of you by worrying can add one cubit to his stature? <sup>26</sup> If you then are not able to do *the* least, why are you anxious for the rest?



# LUKE 12:22-31 (NKJV)

<sup>27</sup> Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these. <sup>28</sup> If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more *will He clothe* you, O *you* of little faith? <sup>29</sup> “And do not seek what you should eat or what you should drink, nor have an anxious mind. <sup>30</sup> For all these things the nations of the world seek after, and your Father knows that you need these things. <sup>31</sup> But seek the kingdom of God, and all these things shall be added to you.