**Living with**

**Burdens**

**Philip Nunn, April 2013**

**Heb. 12:1-2**

1. There are weights ‘that hinder’ and sins ‘that entangle’
2. Both need throwing off
3. Run with perseverance
4. Eyes fixed on Jesus – attitude more than an event

**Matthew 11:28-30**

**A. There are good-proper burdens**

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Gal 6:2 & Gal 6:5

* ‘carry’ not ‘get rid off’

**A1: Where do good-proper burdens com from?**

**A2: Learn to live with ‘good-proper-correct’ burdens**

1. Receive the burden from the Lord’s faithful hand”

Acts 20:24 & Col 4:17

1. Carry this burden with HIM – under His yoke
* **Consciously do it together!**
* Don’t Carry any load you cannot share with Him.

**B. There are bad-unnecessary burdens**

**B1: Where do bad-unnecessary burdens com from?**

1. **Satan**:
2. **Other people**: Gal 5:1, 1 Cor 7:23
3. **Yourself**: unnecessary burdens are often based on lies.

 **B2. Learn to reject bad-unnecessary burdens**

 Some examples of bad-unnecessary burdens

(1) We try to earn Gods love or acceptance

(2) We try to hide our sin rather than admit and confess it

 Ps. 32:3 & 1 Joh. 1:9

(3) We think that success (family, assembly) depends on ‘me’

(4) We demand a perfect world

(5) We try to change other poeople

(6) We are not willing to forgive another (or yourself): Col 3:13

(7) We can be unhappy with who we are.

(8) We pretend we are better (more spiritual) than what we are

(9) We have a defensive spirit

**Conclusion**

1. Identify the lie behind every bad-unnecessary burden.

Reject the lie and the burden!

1. Learn to Carry the good-proper God-given-allowed burdens under the yoke with Jesus. Consciously choose to do so.

Source: www.philipnunn.com