

CAST THY BURDEN UPON THE LORD PSALMS 55:22 & OTHERS

Text: Psalms 55:22

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²² Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

Introduction:

In this world there are burdens we all have. Sorrow and trouble come to all.

Job 5:7

⁷ Yet man is born unto trouble, as the sparks fly upward.

Job 14:1

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

Jeremiah 8:15

¹⁵ We looked for peace, but no good *came*; *and* for a time of health, and behold trouble!

Some have heavier burdens than others. Many a breaking heart is hidden by a smiling face.

1. WHAT KIND OF BURDENS DO PEOPLE CARRY?

A. There Are Burdens that have to do with the Home.

To most of us, home is sweet; but not to everyone.

In many homes there are poverty, sickness, sorrow and disruption.

There is the burden of unsaved children, or of a mother or father or husband or wife.

B. There Are Burdens that have to do with Business

Maybe where you work the people seem to be so wicked, so anti-God, so anti-Christ.

All you hear all the daylong is one filthy joke or word after another.

C. There Are Burdens in Connection With the Lord's Work

Note what Paul said:

2 Corinthians 11:28

²⁸ Beside those things that are without, that which cometh upon me daily, the care of all the churches.

D. There Are Burdens that have to do with Friends

Our enemies don't need to wear a sign saying, "I'm your enemy!"

It wasn't an enemy that hated David, it was a friend –
Psa. 55:12-14

Psalms 55:12-14

¹² For *it was* not an enemy *that* reproached me; then I could have borne *it*: neither *was it* he that hated me *that* did magnify *himself* against me; then I would have hid myself from him: ¹³ But *it was* thou, a man mine equal, my guide, and mine acquaintance. ¹⁴ We took sweet counsel together, *and* walked unto the house of God in company.

E. There Are Physical Burdens

Note what Paul said:

2 Corinthians 12:7

⁷ And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure.

Some have been sick for a long time ... They wonder how much longer they can take it!

F. There Are Some that Carry the Burden of Disappointment

You didn't get that new job, that new car, that new house.

2. THINGS WE SHOULD NOT DO BECAUSE OF OUR BURDENS

A. We Are Not to Doubt God

Note what David said in verse 1:

Psalms 55:1

¹ Give ear to my prayer, O God; and hide not thyself from my supplication.

B. We Are Not to Murmur and Complain

Psalms 55:2

² Attend unto me, and hear me: I mourn in my complaint, and make a noise;

Philippians 2:14

¹⁴ Do all things without murmurings and disputings:

1 Corinthians 10:10

¹⁰ Neither murmur ye, as some of them also murmured, and were destroyed of the destroyer.

C. We Are Not to Despair

Psalms 55:4-5

⁴My heart is sore pained within me: and the terrors of death are fallen upon me. ⁵Fearfulness and trembling are come upon me, and horror hath overwhelmed me.

3. WHAT ARE WE TO DO WITH OUR BURDENS

We are told to do three things with our burdens

Psalms 55:22

²²Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

- A. Accept the burden from the Lord
- B. Let the Lord Carry the Burden
- C. Leave the Burden with the Lord

2 Corinthians 12:7-10

⁷And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. ⁸For this thing I besought the Lord thrice, that it might depart from me. ⁹And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that

the power of Christ may rest upon me. ¹⁰ Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.

Close:

What will you do with your burdens?