

# Christ Our Burden Bearer

Text: Isaiah 9:6; 53:3-6

Pastor Fred Mendoza

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## Introduction:

**Text:** Isaiah 9:6; 53:3-6

### A. OUR 1ST BURDEN IS OURSELF

1. When do we become a **burden** to ourself?

a. When we allow ourself to become a **slave** to vices that are destructive to our health, such as,

\* Food addiction \* Alcohol addiction

\* Nicotine addiction \* Drug Addiction

\* Gambling Addiction \* Sex Addiction

\* Overwork Addiction \* Pleasure Addiction

b. We become a burden to ourself when we allow our **negative** emotions to rule us, such as:

\* Anger \* Hatred \* Fear \* Doubt

\* Jealousy \* Envy \* Worry \* Loneliness

\* Discouragement \* Un-forgiveness

c. We also become a burden to ourself when we allow our **opportunities** to pass by

\* Without preparing for our life challenges.

\* Without preparing for our careers to support ourselves and our Families.

d. We become a burden to ourself when we violate our **conscience** by doing things we know to be wrong

2. What can we do to **ease** ourselves of these burdens?

a. Turn over the government of our lives to the Lordship of Christ.

b. Meaning, accept Jesus Christ as our Savior and Lord.

c. Jesus cannot carry our burdens until we surrender our lives to Him.

d. When Christ becomes the Lord of our lives, He will give us the wisdom, the strength, to carry the burdens of our life.

## **B. OUR 2ND BURDEN ARE PEOPLE WE CARE ABOUT**

What can we do to love ones who are a burden to us?

### **C. OUR 3RD BURDEN ARE CHOICES WE HAVE MADE**

1. Our choice to take up our cross and follow Christ (**Mark 8:34-36**)
2. Our choice to pay the price for serving God's people (**Hebrews 11:24-27**)

#### **Reflections:**

1. The good news is: Jesus, the burden bearer, carried our burdens upon Himself upon the cross, (**Isaiah 53:3-6**)
2. We will have burdens throughout our earthly life, until we see Christ face to face.
3. Let us commit ourselves with all our burdens to Christ our burden bearer.
4. Jesus said, **Matthew 11:28-29**, "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."
5. We will experience rest from our burdens and we will have strength to carry our burdens if we turn our lives over to Christ.