

“Cast Your Burdens upon the Lord” The Psalms Chapter 55 Verse 22

Intro. We have burdens in our lives. Ieyasu Tokugawa says, “Life is like unto a long journey with a heavy burden.” Burdens are a part of life. There are times that you go through an unbearable temptation. If you do not see God in time of temptation, you might react like this Psalm’s author. He was betrayed by his friend and was in grief and discouragement. And, he did these: ①He went on whining (v.2). ②He thought about giving up (v.6-7). ③He cursed a man (v.15). Although, he came to himself and cast his burden upon the Lord. And, he received peace from Above. Then, he encouraged us to “cast your cares upon Him.” Casting upon the Lord means to confess whatever you have in your heart to the Lord and leave it to Him. Why should we cast our burdens upon Him?

I. Because the Lord Cares for You Psalm. Chapter 55 Verse 22

The new translation of Bible is translated as, “the Lord sustains you” while old translation of the Bible is translated as “the Lord cares for you.” Also, in first Peter 5:7 says, “the Lord cares for you”; therefore, I am going to use the word, “care.” The truth that the Lord cares for us reveals that the Lord is full of mercy, yet not many people realize that. In 2006, Baylor University and Gallup investigated an image of God among Americans. Only twenty-three percent of them believed God is full of mercy, and the rest answered that God is far from them, God is monitoring the world, and God is angry at humans. If that is the image of God for Americans, what happens to the Japanese? Is there anyone who can say that God cares for me? I thought if there is a god, he was there to monitor and punish man. Although, God cares for us. And, the Cross is the evidence of His care (Rom. 5:8). The Lord cares for us. The Bible says, we are worthy in His eyes (Luke 12:6-7). God even cares about a single sparrow which is worthless to put a price on and knows the number of our hair; if that so, He does care for us. Therefore, we are to cast our burdens upon Him.

II. Because the Lord Carries Us Psalm. Chapter 68 Verse 19

First, the Lord carried our burdens of sin. Christ died on the cross, yet He has risen, has ascended, and has intervened for us. Not only that, He carries our burdens as we are His children (Psa. 68:19). The Lord protected, guided, and took care of the Israelites all the way from Egypt to Canaan. Deut. 1:31. Before we got saved, we had to carry our burdens by ourselves. Since we put our faith in Christ, He lives in us and carries our burdens. When we suffer, the Lord suffers also (Isa. 63:9). Not only that, He continues to carry us through (Isa. 46:4). Pastor Henry Moorhouse’s ministry became a burden for him, and he became tired. One day, he remembered about his wife who was sick and was sleeping at home on her birthday. And, he bought a gift for her. His wife was at the second floor. His daughter whose legs are disabled said, “I will bring it to her.” He said, “You cannot do that.” She said, “Dad, you will carry me.” And there, he realized that the Lord is carrying him.

III. Because the Lord Works All Things that Are Good for Us Romans 8:28

God redeemed our sins through Christ. Therefore, our sufferings (issues with sickness, work, and home) are not due to our sins but God’s Work to be done. God is going to do a wonderful thing. What a grace is it! If you are going through suffering, there is a meaning to your suffering. (When Mr. Tomihiro Hoshino had to stay in a hospital for cervical spine injury due to an accident, one Christian told him that there is a meaning to this accident as he handed out the Bible. Mr. Hoshino understood that he had an accident so that he would get saved. He started to write poetry and to draw since he got injured.) (Rom. 8:28).

Conc. Burdens are part of our lives. Especially, we are in a difficult situation due to Covid. The Lord does not put unnecessary loads on us. God gives us loads according to His plan. It is given for us. Sickness, work, and family issues are burdens. Although, the Lord cares for us, carries us, and makes all things good for us. Therefore, let us leave our burdens to Him.