

## You Asked For It:

### Dealing with Burdens

*So I set out to learn everything from wisdom to madness and folly. But I learned firsthand that pursuing all this is like chasing the wind.*

<sup>18</sup> *The greater my wisdom, the greater my grief.  
To increase knowledge only increases sorrow.  
Ecclesiastes 1:17-18 (NLT)*

#### WE DEAL WITH MANY BURDENS:

1. THE BURDEN OF \_\_\_\_\_.

2. THE LONG SHADOW OF PAST \_\_\_\_\_.

*Because of your anger, my whole body is sick;  
my health is broken because of my sins.*

<sup>4</sup> *My guilt overwhelms me—  
it is a burden too heavy to bear...*

*I am on the verge of collapse,  
facing constant pain.  
Psalm 38:3-4, 17 (NLT)*

3. THE \_\_\_\_\_ OF A LONG \_\_\_\_\_.

*Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died."*

*1 Kings 19:4 (NLT)*

Peace has been stripped away,  
and I have forgotten what prosperity is.  
<sup>18</sup> I cry out, "My splendor is gone!  
Everything I had hoped for from the Lord is lost!"  
<sup>19</sup> The thought of my suffering and homelessness  
is bitter beyond words.<sup>[a]</sup>  
<sup>20</sup> I will never forget this awful time,  
as I grieve over my loss.  
Lamentations 3:17-20 (NLT)

We do not want you to be uninformed, brothers and sisters,<sup>[a]</sup> about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.  
2 Corinthians 1:8 (NLT)

THE STARTING POINT: GOD HAS A \_\_\_\_\_ FOR IT ALL.

You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.  
Genesis 50:20 (NLT)

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.  
Romans 8:28 (NLT)

When you go through deep waters,  
I will be with you.  
When you go through rivers of difficulty,  
you will not drown.  
When you walk through the fire of oppression,  
you will not be burned up;  
the flames will not consume you.  
Isaiah 43:2 (NLT)

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.<sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light."

*Matthew 11:28-30 (NLT)*