

You Asked For It:

Dealing with Burdens, Part 2

WHAT ARE THE HANDLES WE CAN USE TO HELP CARRY OUR BURDENS?

1. THE HANDLE OF _____ PRAYER.

Cast all your anxiety on him because he cares for you.

1 Peter 5:7 (NIV)

2. THE HANDLE OF INTENTIONAL _____.

Never stop praying. ¹⁸ Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

1 Thessalonians 5:17-18 (NLT)

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6-7 (NLT)

*As the deer longs for streams of water,
so I long for you, O God.*

² I thirst for God, the living God.

When can I go and stand before him?

³ Day and night I have only tears for food,

while my enemies continually taunt me, saying,

"Where is this God of yours?"

Psalms 42:1-3 (NLT)

Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again—
my Savior and ⁶ my God!
Now I am deeply discouraged,
but I will remember you—
Psalm 42:5-6a (NLT)

Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again—
my Savior and my God!
Psalm 42:11 (NLT)

O Lord, how long will you forget me? Forever?
How long will you look the other way?
² How long must I struggle with anguish in my soul,
with sorrow in my heart every day?
How long will my enemy have the upper hand?
³ Turn and answer me, O Lord my God!
Restore the sparkle to my eyes, or I will die.
Psalm 13:1-3 (NLT)

But I trust in your unfailing love.
I will rejoice because you have rescued me.
⁶ I will sing to the Lord
because he is good to me.
Psalm 13:5-6 (NLT)

3. THE HANDLE OF _____ LOADS.

Share each other's burdens, and in this way obey the law of Christ. ³ If you think you are too important to help someone, you are only fooling yourself. You are not that important.
Galatians 6:2 (NLT)

Two people are better off than one, for they can help each other succeed. ¹⁰ If one person falls, the other can reach out and help. But someone who falls alone is in real trouble... A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.
Ecclesiastes 4:9-10, 12 (NLT)

