

Matthew 11:28 says *Come to me, all of you who are tired and have heavy loads, and I will give you rest.*

Lets begin by looking at some definitions:

Troubles are defined as: A state of distress, affliction, difficulty, or need: A distressing or difficult circumstance or situation A condition of pain, disease, or malfunction:

Heartaches are defined as: emotional pain or distress; sorrow; grief; anguish.

Trials are defined as: an affliction or trouble. A trying, distressing, or annoying thing or person.

What ever the name you put to them, they are something we all struggle with, so today lets spend some time learning

HOW TO HANDLE WHAT'S HANDLING US

Intro: Years ago a woman, with her little baby, was riding in a stagecoach in western Montana. The weather was bitter cold, and, in spite of all the driver could do to protect her, he saw that the mother appeared to be loosing consciousness from the cold. He stopped the coach, took the baby, and wrapping it warmly, put it under the seat, then seized the mother by the arm, and dragging her out onto the ground, drove away, leaving her in the road. As she saw him drive away, she ran after him, crying heartbreakingly for her baby. When he felt sure that she was warm, he allowed her to overtake the coach and resume her place by her baby.

Think of her gratitude when she realized that he had saved her life? He had done as God sometimes does to us, to shake us out of situations which would end in death or defeat. Sometimes God is like that stagecoach driver. He will allow things to enter our lives that nearly devastate us. But, He does it to grow us, and teach us more about Him. Now, we all know that trouble and trials are part and parcel of the human life.

Job said it, **Job 5:7.** *For man is born for trouble, as sparks fly upward*

Job 14:1; *"Man, who is born of woman, Is short-lived and full of turmoil.*

And so also did Jesus, **John 16:33.** *"These things I have spoken to you, that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."*

Fact: So burdens, troubles, trials and difficulties are going to come our way! That is a given.

Felix Neff said, *"A Christian without affliction is like a soldier only on parade."*

Spurgeon says it this way; there are no crown-wearers in heaven who were not cross-bearers here below.

So trials are a given, however, what is not a given is what you and I will do about the trials and troubles that come our way. In this little, simple, short verses, Jesus gives us clear teaching on what to do with our burdens. He teaches us *How to Handle What's Handling Us*.

Let's look into this verse for just a few minutes Matthew 11:28 which says again; *Come to me, all of you who are tired and have heavy loads, and I will give you rest. Let's reflect on: How to Handle What's Handling Us*. First in order to handle what it handling us we need to

I. TAKE OUR BURDENS TO THE RIGHT PLACE

A. Fretting Won't Help Us

You might be surprised at how many people take their burdens here, but it is the wrong place to take them. To fret means, to feel or express worry, annoyance, discontent. Yet Philippians 4:6 reminds us *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God*. Along this line remember as someone wisely said "We consume our tomorrows fretting about our yesterdays."

B. Friends Won't Help Us

Job tried to tell his friends about his burdens, but he found that they were "physicians of no value" Job 13:4 says *"But you smear with lies; you are all worthless physicians*.

Matthew Henry said; they were worthless physicians, who neither understood his case, nor knew how to fix his situation. They pretended to think great things, but in discussion added nothing to him woes. Sadly, he was never the wiser for all they said.

The problem with some friends is that they will lie to us! They may allow us to wallow in self-pity and tell us that you have a right to do so. They may even sympathize with us, but they really can't help us with the real burdens of life!

C. Taking Off Won't Help Us

We will never be able to run away from the problems and trials of life. A lady by the name of Patricia Christy fled Florida to avoid hurricane Andrew in 1992. She boarded the first plan to Hawaii and arrived just in time to meet typhoon Iniki. Iniki meaning "strong and piercing wind" was the most powerful hurricane to strike the U.S. state of Hawaii and the Hawaiian Islands in recorded history

So running from trials might land us in greater trials. **For example:** Our first field was filled with many and various problems and one day I called Mr. Duff, my boss, and asked for a change of fields. His wise counsel was, if you don't make it here, you will never make it.

D. Fighting Won't Help Us.

A lot of people try to live in denial and fight what they are called to face. Fighting against what the Lord brings into our life is dangerous! And if we aren't careful, we might find our self fighting against God Himself. But let's not forget the good news

E. The Father Will Help Us.

Notice the invitation - "*Come!*" The Lord throws open the door to His throne room and invites all who are in need to come to Him for help. Luke 12:32 *"Do not be afraid, little flock, for your Father has chosen gladly to give you the kingdom.*

He is our Father and He is interested in helping us through the difficult passageways of life! Think of it this way, If he has chosen to give us the kingdom, then what are a few problems to him on our trip to the kingdom?

II. TRANSFER OUR BURDENS TO THE RIGHT PERSON

A. There Is One Who Cares about Our Situation

Jesus has walked through loneliness, need, difficulty and death. He has been hated, loved, accepted and rejected. He knows what you are going through and He cares about you,

1 Peter 5:7 in the Amplified Version says *Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully*

Spurgeon offers this interesting perspective to those who are hesitant to cast their cares on Him, writing that... "There is nothing Christ dislikes more than for His people to make show of Him and not to use Him. He loves to be worked. He is a great laborer. He always was for His Father, and now He loves to be a great laborer for His brethren. The more burdens you put on His shoulders, the better He will love you." So Spurgeon says again **Cast your burden on Him.**

B. There Is One Who Can Do Something About Our Situation

Not only does He know what we face, He can change what we face and how we face it!

III. TRUST OUR BURDENS TO THE RIGHT PROVISIONS

A. Sometimes He Will Remove our Burden

There are times when the Lord changes your situation in an instant, removing your burden. Remember the story of The Widow of Zarephath 1 Kings 17:7-24

Elijah went to Zarephath and at the city gate, he found the widow gathering sticks. He called to her, and asked her to bring him a little water to drink and as she was going, he also asked for a little bread. **She said**, "As surely as the Lord your God lives, I don't have any bread, only a handful of flour and a little oil." She had planned to prepare it for a final meal for herself and her son, knowing that soon after, they would die from starvation.

Elijah assured her that she should not to be afraid. She was to first make him some bread from what she had and then make something for herself and her son, for the Lord God of Israel said, that her jar of flour would not be used up and her jug of oil would not run dry until the day that He sent rain. So she did as Elijah told her and through God's provision, there was food everyday for Elijah and for the widow and her son.

Note: God was providing for this Gentile woman even while many Jews were suffering in the famine.

B. Sometimes He Will Relieve our Burden

There are times when the Lord will leave the burden on our shoulders, but He will lighten the burden a little bit. Don't forget the words of our verse again Matthew 11:28 Come to me, all of you who are tired and have heavy loads, and **I will give you rest**. Whenever he lightens burdens it allows us to rest

C. Sometimes He Will Rest Us In the Middle of Our Burden

He doesn't always remove it, He doesn't always lighten it, but sometimes he does rest us while trials, burdens, and heartaches swirl around us However He decides to handle our situation, we can be sure that He will always do that which is right for our life because

Romans 8:28 is still true. *And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.* **Question:** What's handling you right now? Why don't you just bring it to Him? He knows how to handle what's handling you!

Before you leave these pages you may be getting manhandled by things in your life and wish there was help for you. There is but you must be the one to decide if you want this helper on your side so he can help you.

If you have not met Jesus you can do that today. To be sure he is on your side during the troubles of life all you need to do is read, think about, believe, and accept what these next few lines show you.

If you do that then the next time something troubles you, all you need to do is say Dear Father will you handle what is presently handling me and he will say "Yes" my child.

Realize you are a sinner Romans 3:23

Understand that the payday for sin is death or eternal conscious separation from God. Romans 6:23a

Know that there is a way of escape for you. Romans 6:23b and John 1:12

Desire to escape and pray this or a similar prayer.

"Dear God, I know I am a sinner. I am truly sorry for my sins, and I confess them all to You [name them]. Lord Jesus, forgive all my sins and come into my heart as my Saviour and Lord. I receive You right now. Help me from this time forward to live for You. Thank You for hearing and answering my prayer. In Jesus' name. Amen."

On the _____ day of _____ I became a Christian by inviting Jesus Christ into my life to forgive my sin.

Signed: _____

If you have further questions or have chosen to do this, be sure to let us know so we can help you, pray for you and encourage you in your new life.

You can reach us at lapeerchurch@gmail.com Subject line: (Salvation)