

The Burdens Of Life

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Gal 6:2, 5

Gal. 6:5, *“For every man shall bear his own burden.”*

Gal. 6:2, *“Bear ye one another’s burdens, and so fulfil the law of Christ.”*

Psalms 55:22, *“Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.”*

It is the fate of all men everywhere to have burdens.

2 Cor. 5:4, *“For we that are in this tabernacle do groan, being burdened: not for that we would be unclothed, but clothed upon, that mortality might be swallowed up of life.”*

The deepest and heaviest burdens are not always seen.

When people try to carry their burdens alone it can become a fierce and lonely battle. They worry over things; and most of the time their worry can cause more damage than the thing that they were worrying about.

It has been proven that worry breaks down resistance to disease, causes problems in the digestive organs and the heart, as well as the mind and other body functions. Add to that the toil in unhappiness of sleepless nights and tormented days.

Some years ago, Ripley listed Gal. 6:2 and Gal. 6:5 as contradictory scriptures.

In Gal. 6:2, the word *“burden”* is from the Greek word *“baros”*, which means “load.” This may be a “burden” or “load” of difficulty, sorry, or pain.

We are to bear one another’s burdens of this sort.

In Gal. 6:5, the word *“burden”* is from the Greek word *“phortion”*, which means “pack”. This “pack” is the whole of one’s duties before God, for which each one is personally responsible.

Therefore, this “pack” is to be distinguished from the heavy “loads” of verse 2.

The Bible teaches us to do three things with our burdens:

- Bear our own burden. Gal. 6:5, *“For every man shall bear his own burden.”*
- Bear one another’s burden. Gal. 6:2, *“Bear ye one another’s burdens, and so fulfil the law of Christ.”*

- Cast our burdens upon the Lord. Psalms 55:22, *“Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.”*

Every man shall bear his own burden

Some of our burdens are non-transferable.

The Lord has given to each man his own work.

- Mark 13:34, *“For the Son of Man is as a man taking a far journey, who left his house, and gave authority to his servants, and to every man his work, and commanded the porter to watch.”*
- Gal. 6:4, *“But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another.”*

Nobody can believe on the Lord for you, or repent for your sins, or confess your faith in Jesus Christ, or be baptized in your place. Nobody can perform your Christian duties for you. Nobody can answer at the Judgment seat of God for you.

- Rom. 14:12, *“So then every one of us shall give account of himself to God.”*
- 2 Cor. 5:10, *“For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.”*

Nobody can get lost in the crowd and hide behind others.

- Psa. 33:13, *“The LORD looketh from heaven; he beholdeth all the sons of men.”*
- Heb. 4:13, *“Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do.”*

Bear one another's burdens

Some burdens are to be shared with others.

Phil. 2:4, *“Look not every man on his own things, but every man also on the things of others.”*

It is always proper to note words of scripture in their setting. The key to Gal. 6:2 is found in verse 1.

Gal. 6:1, *“Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.”*

When a person is overtaken in a fault, he is buried so deep in that fault it becomes so very hard for him to pull himself out of it, and he needs help.

The command is to assist that person with the intent of rescuing him from his condition, for he is weak in doing so himself.

But there is a caution that you consider yourself and your capabilities that you aren't lost yourselves. Many have been lost while trying to rescue a loved one from a burning building, or from icy waters after falling through the ice.

There is a proper way and an improper way to do anything.

A person could be so convinced that the sin he commits is not a sin that he may try to convince you that it is not, and thus even tempt you to try it and draw you into it.

“Restore” in the original text was used to mean “to set in joint again”, as a dislocated bone is set in joint again by a physician. Hence, restore him by your sincere reproofs and fervent exhortations.

But Gal. 6:2 has a broader meaning.

We are to help those who have the burden of sorrow.

- Rom. 12:15, *“Rejoice with them that do rejoice, and weep with them that weep.”*
- 1 Cor. 12:26, *“And whether one member suffer, all the members suffer with it; or one member be honoured, all the members rejoice with it.”*

We have to live the right kind of life so that we can help others.

- Matt. 5:16, *“Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”*

- Eph. 5:7-13, *“Be not ye therefore partakers with them. For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light: (For the fruit of the Spirit is in all goodness and righteousness and truth;) Proving what is acceptable unto the Lord. And have no fellowship with the unfruitful works of darkness, but rather reprove them. For it is a shame even to speak of those things which are done of them in secret. But all things that are reprovèd are made manifest by the light: for whatsoever doth make manifest is light.”*
- 1 John 2:10, *“He that loveth his brother abideth in the light, and there is none occasion of stumbling in him.”*

Cast your burdens upon the Lord

Some burdens are beyond the reach of human effort and aid. These are to be cast upon the Lord, for in these He has promised to sustain us.

He will take away the burden.

Jesus had a terrific burden to bear and prayed to His Father about it.

- Matt. 26:36-39, *“Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, Sit ye here, while I go and pray yonder. And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy. Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me. And he went a little farther, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.”*
- Luke 22:42-43, *“Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done. And there appeared an angel unto him from heaven, strengthening him.”*

Jesus still had the burden of bearing the cross and enduring its agony, but He was strengthened so that He could bear it.

He will give you strength to bear your burdens.

Just as He did for Paul. 2 Cor. 12:7-10, *“And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to*

buffet me, lest I should be exalted above measure. For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong."

Paul had a thorn in the flesh; three times he prayed for it to be removed. It was not removed, but God gave him the ability to bear it.

1 Cor. 10:12-13, "*Wherefore let him that thinketh he standeth take heed lest he fall. There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."*

So with life's unbearable burdens, we should cast them upon the Lord.

- 1 Pet. 5:7, "*Casting all your care upon him; for he careth for you."*
- Phil. 4:6-7, "*Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."*

Conclusion

Let us be willing to assume those burdens of responsibility that are ours; those burdens of duty that are non-transferable.

Matt. 11:29-30, "*Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."*

Let us be conscious of the burdens of others; those loads that we can help others to lift, for truly we are our brother's keeper.

Let us cast our burdens of disappointment, of fear, and of sin upon the Lord.

Isa. 53:5-6, "*But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed. All we like sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on him the iniquity of us all."*

