

## **Burdens / Baggage**

- **Illustration:** Did you pack this baggage? Did you leave this baggage unattended? Lost baggage. Heavy baggage. Too much baggage!
- Just a decade ago, Roget's Thesaurus didn't use the word baggage as a psychological synonym. But today, the word baggage can mean "affliction, anxiety, barrier, block, blame, care, concern, deadweight, deterrent, detriment, difficulty, disability, disorder, drawback, embarrassment, encumbrance, grievance, handicap, hang-up, hardship, hindrance, impairment, impediment, injury, issue, limitation, load, misfortune, mishap, obstacle, obstruction, restraint, restriction, shortcoming, sorrow, strain, stumbling block, task, trial, trouble, weary load, work, and worry." Whew! That's heavy baggage!
- All of us have baggage that hinders us, struggles that weigh us down. What exactly is baggage? It is a condition, an attitude, or a circumstance ... it is fear, guilt, shame, hurt, or failure ... that robs us of the abundant life that Jesus has secured for us. It is those private, secret things of our past and present that show up to hinder, block, trouble, hold hostage, abort and even destroy our dreams, hopes and desires. Baggage is the challenges, problems, and crises that attach themselves to us to block our success, victory and effectiveness in the kingdom of God.
- Baggage shows up without invitation. It is heavy to carry. It is like a flat tire on a car – frustrating, time-consuming and costly.
- Regardless of the specific baggage, all of us experience limitations in our walk in the kingdom of God. There is only one answer, only one way to deal with our baggage ... we must reach out to Jesus.

**The Bible word for baggage is "BURDEN" and this is what we know:**

- **THE BIGGEST BURDEN BY FAR IS THE BURDEN OF SIN.**
  - **Exodus 6:6-7 (KJV)** Wherefore say unto the children of Israel, I am the Lord, and I will bring you out from under the **burdens** of the Egyptians, and I will rid you out of their bondage, and I will redeem you with a stretched out arm, and with great judgments: [7] And I will take you to me for a people, and I will be to you a God: and ye shall know that I am the Lord your God, which bringeth you out from under the **burdens** of the Egyptians.
  - Once the burden of sin has been lifted, we should consider all other burdens quite inconsequential by comparison.

- **Joshua 5:9 (KJV)** And the Lord said unto Joshua, This day have I rolled away the reproach of Egypt from off you. Wherefore the name of the place is called Gilgal unto this day.
- GILGAL – "to roll" (Galilean, Golgotha - rolled our burdens away)

### • **PEOPLE CAN BE A BURDEN TO US.**

- **Numbers 11:11 (KJV)** And Moses said unto the Lord, Wherefore hast thou afflicted thy servant? and wherefore have I not found favour in thy sight, that thou layest the **burden** of all this people upon me?
- **Numbers 11:17 (KJV)** And I will come down and talk with thee there: and I will take of the spirit which is upon thee, and will put it upon them; and they shall bear the **burden** of the people with thee, that thou bear it not thyself alone.
- **Matthew 23:4 (KJV)** For they bind heavy **burdens** and grievous to be borne, and lay them on men's shoulders; but they themselves will not move them with one of their fingers.

### • **WE CAN BE A BURDEN TO OURSELVES.**

- **Job 7:20 (KJV)** I have sinned; what shall I do unto thee, O thou preserver of men? why hast thou set me as a mark against thee, so that I am a burden to myself?
- **Psalms 38:4 (KJV)** For mine iniquities are gone over mine head: as an heavy burden they are too heavy for me.
- Burdens can be our own fault because of our bad choices!

### • **WORLDLY "HELP" EVENTUALLY ADDS TO OUR BURDENS.**

- **Isaiah 46:1-2 (KJV)** Bel boweth down, Nebo stoopeth, their idols were upon the beasts, and upon the cattle: your carriages were heavy loaden; they are a burden to the weary beast. [2] They stoop, they bow down together; **they could not deliver the burden**, but themselves are gone into captivity.
- **Isaiah 46:1-2 (MSG)** The god Bel falls down, god Nebo slumps. The no-god hunks of wood are loaded on mules and have to be hauled off, wearing out the poor mules — [2] Dead weight, **burdens who can't bear burdens**, hauled off to captivity.

- **BURDENS ARE NOT DISTRIBUTED EVENLY OR FAIRLY.**

- **Matthew 20:12 (KJV)** Saying, These last have wrought but one hour, and thou hast made them equal unto us, which have borne the **burden** and heat of the day.

- **THE CHURCH HAS TWO RESPONSES TO BURDENS.**

- **Galatians 6:2, 5, 7-9 (KJV)** Bear ye one another's burdens, and so fulfil the law of Christ ... [5] For every man shall **bear his own burden** ... [7] Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. [8] For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting. [9] And let us not be weary in well doing: for in due season we shall reap, if we faint not.

- **GOD CAN DELIVER US FROM OUR BURDENS ...**

- **Isaiah 58:6 (KJV)** Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy **burdens**, and to let the oppressed go free, and that ye break every yoke?
- **Isaiah 10:27 (KJV)** And it shall come to pass in that day, that his **burden** shall be taken away from off thy shoulder, and his yoke from off thy neck, and the yoke shall be destroyed because of the anointing.

- **... OR GOD MAY CHOOSE TO HELP US CARRY OUR BURDENS.**

- **Psalms 55:22 (KJV)** Cast thy **burden** upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.
- **Matthew 11:28-30 (KJV)** Come unto me, all ye that labour and are heavy laden, and I will give you rest. [29] 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. [30] For my yoke is easy, and my **burden** is light.
- We must understand that, until our deliverance comes, the kingdom of God goes on in spite of our burdens! Even with our limitations and imperfections, we are still useful to God.
- **2 Corinthians 12:9** 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.

- **REGARDLESS, DON'T CARRY A BURDEN ON THE "SABBATH"!**

- **Jeremiah 17:21 (KJV)** Thus saith the Lord; Take heed to yourselves, and bear no burden on the sabbath day, nor bring it in by the gates of Jerusalem;
- The Holy Ghost is our Sabbath and our rest!
- **Isaiah 28:11-12 (KJV)** For with stammering lips and another tongue will he speak to this people. [12] To whom he said, This is the rest wherewith ye may cause the weary to rest; and this is the refreshing: yet they would not hear.
- **Hebrews 4:9 (KJV)** There remaineth therefore a rest to the people of God.
- **Hebrews 4:9 (AMP)** So then, there is still awaiting a full and complete Sabbath rest reserved for the [true] people of God.

- **LIFE'S BURDENS ARE TEMPORARY FOR THE CHILD OF GOD!**