

HOW TO DEAL WITH WHAT IS DEALING WITH YOU

Matthew 11:28-30

INTRODUCTION:

Years ago a woman and her little baby were 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 was becoming unconscious from the cold.

He stopped the coach and took the baby. Wrapping it warmly, he put it under the seat, seized the mother by the arm, and dragging her out upon the ground drove away leaving her in the road. As she saw him drive away she ran after him crying piteously 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.

Can we not imagine her gratitude when she realized that he had saved her life? He had done as God sometimes does to shake us out of soul-lethargy and moral sleep which would end in death.

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 of the human life.

a. Job said it:

(1) *Job 14:1 - "Man that is born of a woman is of few days, and full of trouble."*

(2) *Job 5:7 - "Yet man is born unto trouble, as the sparks fly upward."*

b. And, so did Jesus - *John 16:33 - "These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."*

Burdens, troubles, trials, and difficulties are going to come our way! That is a given fact. However, what is not a given is what you and I will do about the trials and troubles that come our way.

In these simple and short verses, Jesus gives us clear teaching on what to do with our burdens. He teaches us how to deal with what is dealing with you.

TRANS. SENTENCE:

Let's look into this verse for just a few minutes this evening and think on that thought:
HOW TO DEAL WITH WHAT IS DEALING WITH YOU.

I. TAKE YOUR BURDENS TO THE RIGHT PLACE

A. **Worry Won't Help You** - Most people take their burdens here, but it is the wrong place to take them. After all, we are forbidden from worry by the Word of God.

1. *Philippians 4:6* – “Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.”
 - a. “Careful” - be not anxious or concerned about the things of the present life.
 - b. It does not mean that we are to exercise no care about worldly matters; nor care to preserve our property, or to provide for our families.
 - c. But, there is to be such confidence in God as to free the mind from anxiety, and such a sense of dependence on him as to keep our minds calm.
2. *John 14:1* – “Let not your heart be troubled: ye believe in God, believe also in me.
3. Lot’s of people are just like Martha - *Luke 10:38-42*.

B. Friends Won’t Help You - Job tried to tell his friends about his burdens, but he found that they were - “*physicians of no value*”, *Job 13:4*.

1. The problem with friends is that often times they will not tell you what you need to hear.
2. They will allow you to wallow in self-pity and tell you that you have a right to do so.
3. They may even sympathize with you, but they can’t really help you with the real burdens of life!
4. Did you know that a real friend is someone who tells you the truth even when it rips your heart out? - *Proverbs 27:6* – “*Faithful are the wounds of a friend; but the kisses of an enemy are deceitful*.”

C. Running Won’t Help You - You will never be able to run away from the problems and trials of life.

1. Israel found this out the hard way – *Numbers 13-14; Deuteronomy 9*.
2. Illustration - 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.

D. Fighting Won’t Help You

1. A lot of people try to live in denial and fight what they are dealing with. Fighting against what the Lord brings into your life is dangerous!
2. If you aren’t careful, you might find yourself fighting against God.

E. The Father Will Help You - *Matthew 11:28* - “*Come unto me, all ye that labour and are heavy laden, and I will give you rest.*”

1. 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 - *Hebrews 4:16* - *"Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need."*
2. His love and concern for the sheep - *Luke 12:32* - *"Fear not, little flock; . . ."*
 - a. He is our Father and He is interested in helping us through the difficult passageways of life!
 - b. He is our shepherd and He will see to what we need - *Psalms 23:1-6*.

II. TAKE YOUR BURDENS TO THE RIGHT PERSON

A. There Is One Who Cares About Your Situation - *I Peter 5:7* - *"Casting all your care upon him; for he careth for you."*

1. Jesus has walked through loneliness, need, difficulty, and death. He has been hated, loved, accepted, and rejected.
2. He knows what you are going through and He cares about you, *Hebrews 4:15* - *"For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin."*
 - a. Don't think for a minute that He won't understand! He does.
 - b. He knows what you need more than you know it yourself!

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

1. Not only does He know what we deal with, He can change what we deal with and how we face it!
 - a. His power is beyond imagination - *Ephesians 3:20*
"Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,"
 - b. *Job 42:2* - *"I know that thou canst do every thing, and that no thought can be withholden from thee."*
 - c. *Luke 1:38* - *"And Mary said, Behold the handmaid of the Lord; be it unto me according to thy word. And the angel departed from her."*
 - d. *Isaiah 40:12* - *"Who hath measured the waters in the hollow of his hand, and meted out heaven with the span, and comprehended the dust of the earth in a measure, and weighed the mountains in scales, and the hills in a balance?"*
 - (1) If He can place the stars in heaven with a spreading of the fingers, then your problems and mine pose no problem at all to Him!
 - (2) If He can do for them, then He can do for you and I.

III. TRUST YOUR BURDENS TO THE RIGHT PROVISIONS

- A. **Sometimes He Will Remove Your Burden** - There are times when the Lord changes your situation in an instant, removing your burden. The Widow of Zarepath - *I Kings 17: 1-14!*
- B. **Sometimes He Will Relieve Your Burden**
1. There are times when the Lord will leave the burden on your shoulders, but He will lighten the burden a little bit.
 2. He did this for Ruth when He allowed her path to cross that of Boaz - *Ruth 2-3!*
- C. **Sometimes He Will Give You Rest In Your Burden**
1. This is the most common aid we receive from Him.
 2. He gives us grace to bear the load we have been given - *II 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.*"
 3. The glory of Him changing us in our situation instead of Him just changing our situation.
- D. **However He Decides To Handle Your Situation, You Can Be Sure That He Will Always Do That Which Is Right For Your Life.**
1. *Romans 8:28* - "*And we know that all things work together for good to them that love God, to them who are the called according to his purpose.*"
 2. And, you can rest on His promise that He will meet your need, *Philippians 4:19* - "*But my God shall supply all your need according to his riches in glory by Christ Jesus.*"
 3. He is still - *Jehovah-Jireh*
 - a. *Genesis 22:14* - "*And Abraham called the name of that place Jehovah-jireh: as it is said to this day, In the mount of the LORD it shall be seen.*"
 - b. *Genesis 22:8* - "*And Abraham said, My son, God will provide himself a lamb for a burnt offering: so they went both of them together.*"
 - c. "*Jehovah-Jirerh*" - "God will provide": now he has provided,

CONCLUSION:

HOW Are You Dealing WITH WHAT IS DEALING WITH YOU?

What are you dealing with today?

Why don't you just bring it to Him?

He knows how to deal with what is dealing with you!