

1. Coping with our burdens!

- a. Carrying own problems.
 - i. ²⁸ Come to me, all who **labor** and are **heavy laden**, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light." Matthew 11:28-30
- b. In need of God.
 - i. [1 Peter 5:7](#) ESV
Casting all your anxieties on him, because he cares for you.

2. Who God is and is not

- a. Not a slavedriver
- b. Not a santa clause
- c. Not a distant divinity...
- d. He is
 - i. Loving Shepherd that leaves the 99. Luke 15; Psalm 23
 - ii. A father ready to hear our requests, and give you what you need Matthew 7:7-12
 - iii. Near to the broken hearted... Psalm 34:18

3. How do we get our burdens to him or on him?

Does God have Ears?

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Does God Speak?

So Jesus said to the Jews who had believed in him, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free."
John 8:31-32

Does God have hands and feet?

Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ. For if anyone thinks he is something, when he is nothing, he deceives himself.
Galatians 6: 1-3