A silhouette of a man stands on a beach, looking out at the ocean. The sky is a mix of blue and pink, suggesting sunset or sunrise. The water is dark blue with some ripples. In the distance, a city skyline is visible on the left side of the horizon.

**Cast your burden on the LORD, And He shall sustain you;
He shall never permit the righteous to be moved.**

Psalm 55:22 New King James Version

A silhouette of a person standing on a beach, looking out at the ocean. The person is in the foreground, facing away from the camera. The background shows a sunset or sunrise over the water, with a city skyline visible in the distance. The sky is a mix of blue and orange, and the water is dark blue.

Handling the Burdens of Life

Psalm 55:22



Psalm 55

A Psalm of David

Historical Background 1 Samuel 16

- Rebellion of Absalom
- Betrayal of Ahithophel

Psalm 55:1-8



The Agony of the Burden

- **A cry out to God** vs. 1-3
- **Fear within – desire to run away** vs. 4-8



Psalm 55:9-15, 20-21

The Situation of the Burden

- **Deceit in the streets** vs. 9-11
- **Betrayal of a friend** vs. 12-15, 20-21



Psalm 55:16-19, 22-23

The Activities in the Burden

- **Prayer** vs. 16-19
 - **Continual**
 - **Confident**



Psalm 55:16-19, 22-23

The Activities in the Burden

- **Casting the Burden on the Lord** vs. 22-23
 - **Sustained not moved**
 - **Defeat of those who against**
 - **Trust**



The Burdens of Life

Many types and sources

**Work, Family, Friends, Finances,
World Situation...**

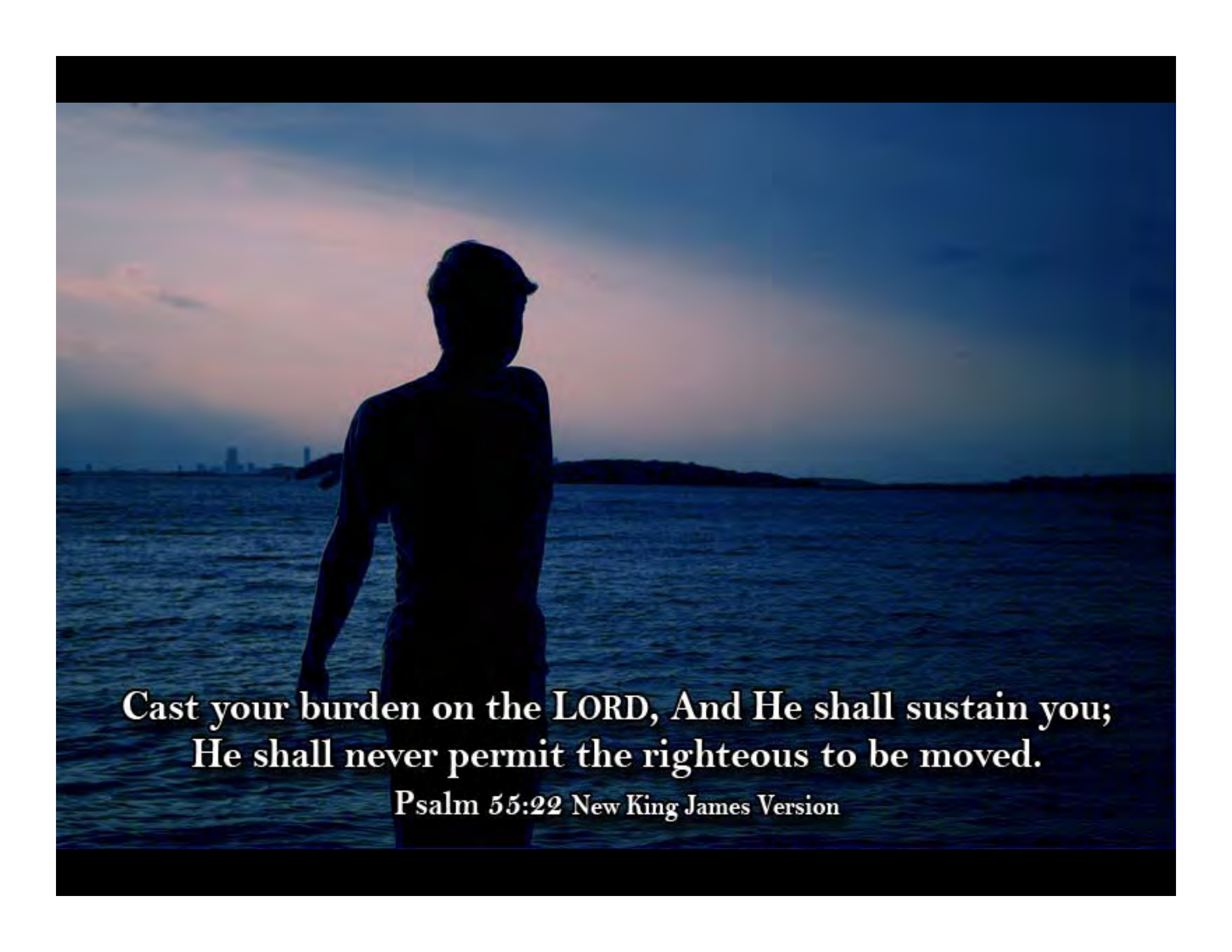
OTHERS?



The Burdens of Life

Give them to the Lord

Psalm 55:22

A silhouette of a man stands on a beach, looking out at the ocean. The sky is a mix of blue and pink, suggesting sunset or sunrise. In the distance, a city skyline is visible on the horizon. The water is dark blue with gentle ripples.

**Cast your burden on the LORD, And He shall sustain you;
He shall never permit the righteous to be moved.**

Psalm 55:22 New King James Version



The Burdens of Life

Give them to the Lord

Psalm 55:22

1 Peter 5:6-7



**Humble yourselves therefore under the mighty hand of God,
that he may exalt you in due time;
casting all your anxiety on Him, because He cares for you.
1 Peter 5:6-7 (New King James Version)**



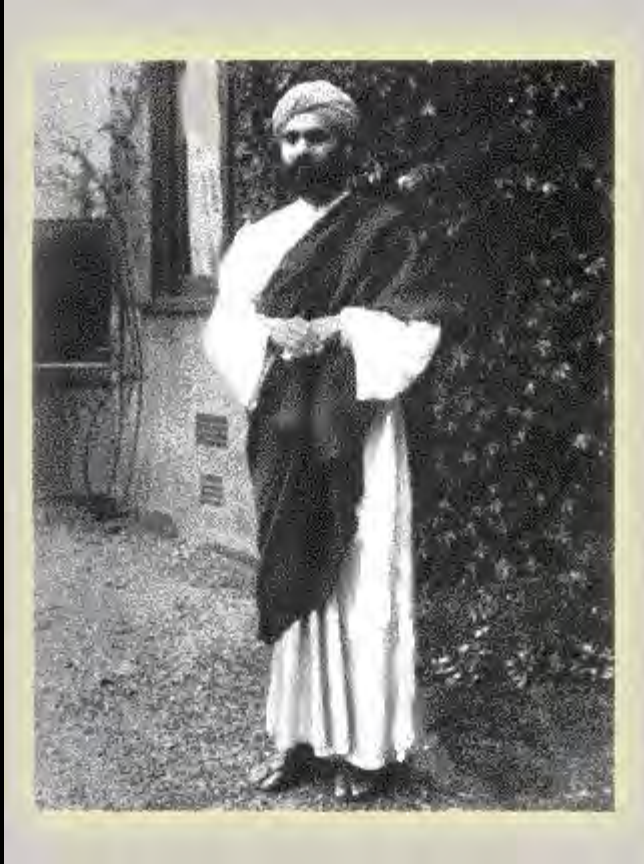
The Burdens of Life

They will work for your good

My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience.

But let patience have *its* perfect work, that you may be perfect and complete, lacking nothing [James 1:2-4](#)

Sadhu Sundar Singh

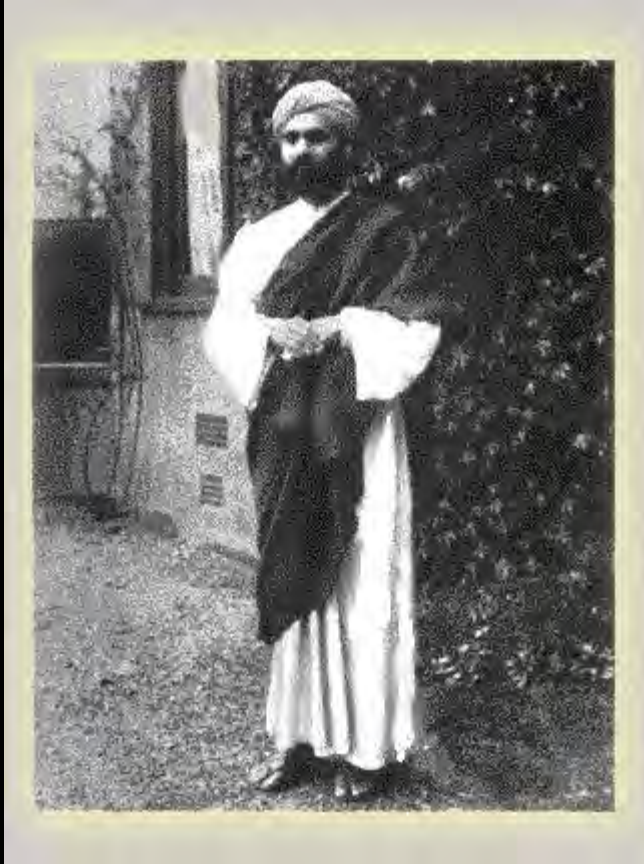


- **Came to Jesus from Hinduism**
- **Became missionary**
- **Walking thru Himalayas with a Buddhist monk**
- **Bitter Cold – Must make monastery before dark**
- **Heard cry of a man**

Story Slide Hidden

- **Monk said had to leave him for God had visited his karma and they would die if helped him**
- **Sadhu – God sent me here to help such a one.**
- **Carried him on back to monastery**
- **Made a sling with blanket and tied him on his back and climbed back onto the trail**
- **Saw the lights of the monastery and for the first time stumbled, but not from exhaustion. But over an object.**
- **Bent down brushed snow off and saw the frozen body of then monk he had been walking with before**

Sadhu Sundar Singh



- Years later a disciple of Sadhu's asked him, "What is life's most difficult task?"
- Without hesitation he replied:
"To have no burden to carry."



Come to Me, all you who labor and are heavy laden,
and I will give you rest.

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.

For My yoke is easy and My burden is light.

Matthew 11:28-30 (New King James Version)



The Burdens of Life

Can pull you away from the Lord

OR

Draw you to Trust Him more



The Burdens of Life

But I will trust in You.

Psalm 55:23



The Burdens of Life

**Satan wants you overwhelmed
by the burdens**



The Burdens of Life

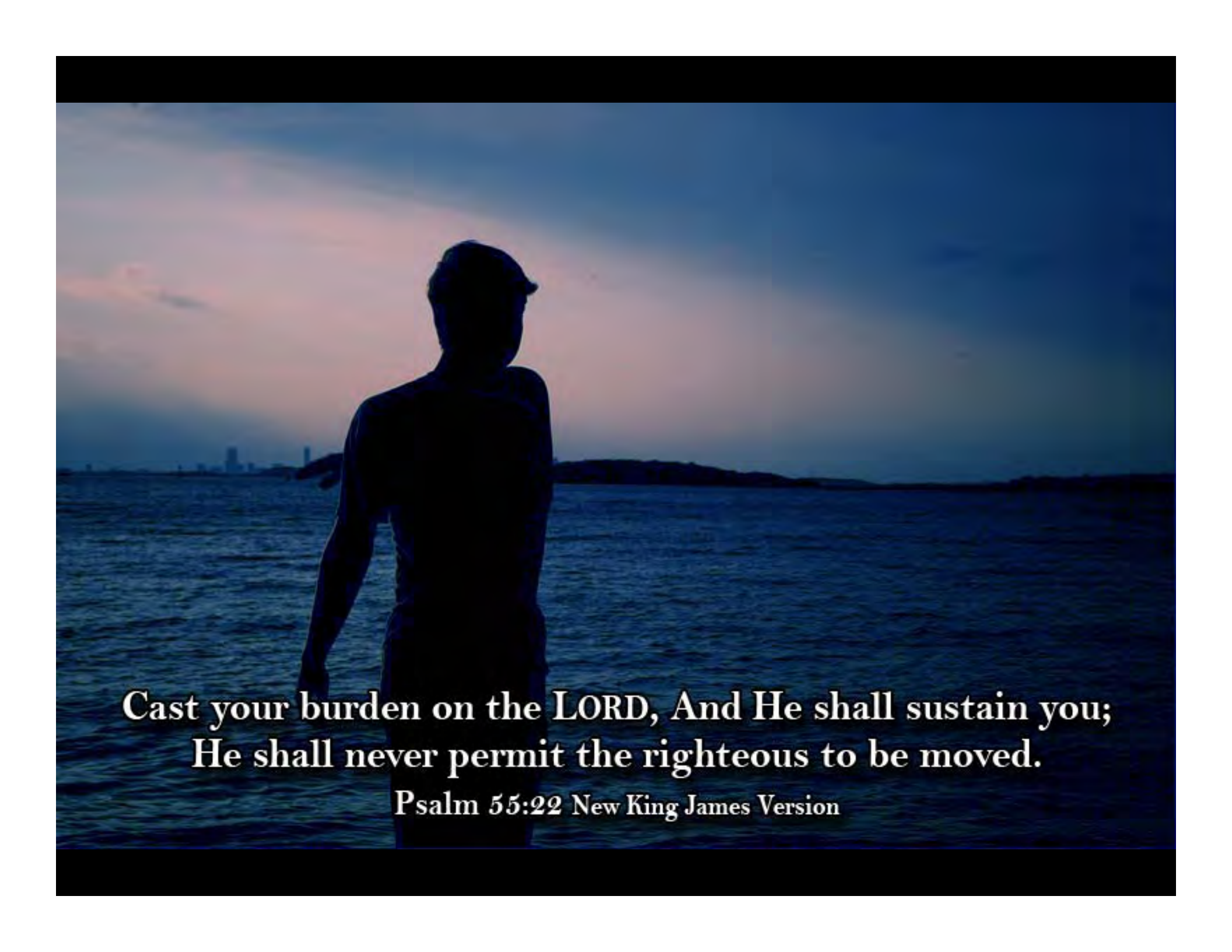
**Seeking sources apart from God to
meet the needs of the burdens.**



The Burdens of Life

But I will trust in You.

Psalm 55:23

A silhouette of a man stands on a beach, looking out at the ocean. The sky is a mix of blue and pink, suggesting sunset or sunrise. In the distance, a city skyline is visible on the horizon. The water is dark blue with gentle ripples.

**Cast your burden on the LORD, And He shall sustain you;
He shall never permit the righteous to be moved.**

Psalm 55:22 New King James Version