

**BURDENS**  
**MATTHEW 11:28-30**

**INTRODUCTION**

When we were born into this world, we **ALL** were born with a **HEAVY BURDEN** that was upon every one of us— the **BURDEN OF SIN!**

***Romans 5:12**—“Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:”*

Our **SIN** that was upon us was a **HEAVY BURDEN** that weighed us down and would have caused us to sink into the **CONDEMNATION** of **HELL** if we had died in that awful condition! (***John 3:18***)

But **GOD** so loved us that, **HE** gave us **HIS OWN PRECIOUS SON**, the **LORD JESUS CHRIST**, **WHO** came into this world to freely shed **HIS PRECIOUS BLOOD** for us to enable us to have our **BURDEN OF SIN** taken away by **FAITH** and **TRUST** in **HIS FINISHED WORK** on our behalf!

Thank **GOD** for the **BLOOD OF JESUS** that was sufficient to pay the **PENALTY** for each of our **SIN**. Now, through **FAITH** in **HIS DEATH** for us, **HIS BURIAL**, and believing in the **POWER OF HIS GLORIOUS RESURRECTION** from the dead, we are now **FREED** from that **AWFUL BURDEN OF SIN!** That **HEAVY LOAD** has been taken away! Amen!

***THERE IS POWER IN THE BLOOD!** By Lewis E. Jones*

*Would you be free from the burden of sin? There's power in the blood!  
Would you o'er evil a victory win? There's wonderful power in the blood!*

**JESUS'** reference to the *yoke* here in ***Matthew 11:28-30*** is very interesting. It follows **HIS INVITATION** to the weary to **COME TO HIM AND FIND REST!** ***Isaiah 57:20-21**—“20 But the wicked are like the troubled sea, When it cannot rest, Whose waters cast up mire and dirt. 21 There is no peace, saith my God, to the wicked. ”*

If you are still carrying around the **BURDEN OF YOUR SIN**, understand that **CHRIST** is offering you **REST** right now! **REST** is available for **ANYONE** who will place their **TRUST IN CHRIST JESUS the LORD!**

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**CHRIST** says that taking on **HIS YOKE** is the way one can find **REST** for their soul! Two times **HE** speaks of the **REST** in the context of **HIS YOKE!** Yet, when we examine what a **YOKE** is, it is not an instrument of **REST**, but rather it is an instrument of **LABOR** that was placed upon the oxen at work!

If that be the case, then how do those who are **YOKED** to **CHRIST** find **REST?**

1. **CHRIST says that if we take HIS YOKE, we will LEARN OF (or FROM) HIM!**

The imagery used is that of a young, inexperienced ox being teamed up with the more experienced ox for training.

**CHRIST** was saying that as we are **YOKED** to **HIM**, we **LEARN** from **HIM!** **HE** is the **ONE WHO** is **MEEK** which speaks of the *gentleness and humility* that characterize **HIS PERSON**.

So, in **YOKING** up with **HIM**, we find **REST** for our souls!

***BURDENS ARE LIFTED AT CALVARY**, by John M. Moore  
Days are filled with sorrow and care, Hearts are lonely and drear;*

*Burdens are lifted at Calvary, Jesus is very near.*

*Cast your care on Jesus today, Leave your worry and fear;*

*Burdens are lifted at Calvary, Jesus is very near.*

*Troubled soul, the Saviour can see every heartache and tear;*

*Burdens are lifted at Calvary, Jesus is very near.*

2. **CHRIST says that HIS YOKE is EASY and HIS BURDEN is LIGHT!**

The word translated “*easy*” also carries with it the idea of “*good*,” “*gracious*,” and “*kind*.”

It is important to note that the **LORD JESUS** is not promising to remove all of our **BURDENS!** However, **HE** does promise to provide ***HIS good, gracious, and kind strength*** for us to be able to do **HIS WILL** while we are **YOKED** up with **HIM!** And when we leave this life for the next there will be **REST EVERMORE!**

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There will be **BURDENS** in this life, but by **HIS ENABLEMENT** we can **BEAR** those **BURDENS** and those **BURDENS** will seem “*light*” in comparison to the **YOKE OF SIN** that once bound us!

Make no mistake, there are **BURDENS** involved in **SERVING** the **LORD JESUS CHRIST!** Nevertheless, those **BURDENS** will be **SHARED** by the **LORD JESUS CHRIST** as we **LABOR TOGETHER** with **HIM**. *1 Corinthians 3:9–“For we are labourers together with God:”*

Now, we know that all **BURDENS** are not the same! We know that **BURDENS** can vary in both **TYPE** and **INTENSITY**.

I want to look at three words translated that have the meaning of “*BURDEN*” in the **BIBLE** and one word that is translated “*LABOUR*” in the **BIBLE** that describe different aspects of the **BURDENS** in service to the **LORD**.

**I. THE FIRST WORD TRANSLATED AS “BURDEN” IN THE OLD TESTAMENT IS FROM A HEBREW WORD THAT MEANS “A BURDENSOME MESSAGE.”**

No one likes to be told what they don’t want to hear. Yet sometimes it is our **DUTY TO DELIVER THE UNPOPULAR MESSAGE**. The results can sometimes be extremely **BURDENSOME**.

Listen to me, the true **GOSPEL MESSAGE** is not a popular **MESSAGE** in this world of **political correctness** and **wokeness**. Yet we who are **BELIEVERS** have a duty to **proclaim it as it was delivered to us and as it is in reality!**

This idea of a **BURDENSOME MESSAGE** was familiar to the **Old Testament Prophets** who had received what they described as a “*burden from the LORD*” to deliver to different people groups.

They were commanded to deliver harsh **MESSAGES** of **REBUKE** or **JUDGMENT** that sometimes they really did not want to give!

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The reason they didn’t want to give those **MESSAGES** most of the time is because they knew that the people did not want to receive those **MESSAGES!**

According to the *Theological Wordbook of the Old Testament* (Vol. 2, page 602), the Hebrew word that means “*a burdensome message,*” *mas’s’a*, is used 27 times in **OLD TESTAMENT PROPHETIC** contexts regarding severe announcements of **JUDGMENT** from the **LORD**.

Each time this word is translated as “*a burden*” it means that the **MESSAGE** was a **BURDEN to deliver** and a **BURDEN to receive**. Some of these **HARSH** and **BURDENSOME MESSAGES** were **MESSAGES OF JUDGMENT DELIVERED** to various nations:

*Israel (Malachi 1:1);*

*Judah (Jeremiah 23:33-38; Habakkuk 1:1)*

*Jerusalem (Zechariah 12:1)*

*Babylon (Isaiah 13:1); Philistia (Isaiah 14:28); Moab*

*(Isaiah 15:1); Damascus (Isaiah 17:1); Egypt (Isaiah 19:1)*

*Arabia (Isa. 21:13); Tyre (Isa. 23:21); Nineveh (Nahum 1:1)*

The **PREACHER** who courageously **PROCLAIMS THE WORD OF GOD** no matter the consequences certainly understands the **BURDEN** that this oftentimes brings on!

There are certain subjects that I would just rather not **PREACH!** The reason I would rather not **PREACH** certain things may be for any number of reasons:

- 1) Sometimes I know it is not going to be received too well.
- 2) Sometimes I know that **Satan** battles against some messages more than others. (*i.e. Hell*)

**Paul** knew about this kind of **BURDEN** when he wrote:

*Galatians 4:16–“Am I therefore become your enemy, because I tell you the truth?”*

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What **Paul wrote** did not line up with some of the *Church of Galatia's* preconceived ideas about how things were. That message of **TRUTH** was a **BURDEN** for **Paul** to deliver and for the *Church of Galatia* to receive.

Nevertheless, by the **ENABLING POWER of the LORD JESUS CHRIST**, it was still a **JOYFUL BURDEN** for **Paul**. He did not back away from **PREACHING the TRUTH** just because it wasn't going to be well received!

We too must not back away from **PROCLAIMING GOD'S TRUTH** just because it isn't going to be well received!

**II. A SECOND WORD TRANSLATED AS “BURDEN” IN THE NEW TESTAMENT IS FROM A GREEK WORD THAT MEANS “A BURDENSOME WEIGHT.”**

A **BURDEN** describes a **heavy load, a weight**. This particular word is used in *Matthew 20:12* regarding the **BURDEN** of daily toil. In the **PARABLE OF THE LABORERS** in the vineyard: *Matthew 20:12*—“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.*”

It is also used in *2 Corinthians 1:8* and *2 Corinthians 5:4* regarding the **BURDENS of SUFFERING IN MINISTRY and/or LIFE**. *2 Corinthians 1:8*—“For we would not, brethren, have you ignorant of our trouble which came to us in Asia, that we were pressed out of measure, above strength, insomuch that we despaired even of life:”

*2 Corinthians 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.*”

These are general terms used to describe something **HEAVY**. In a general way, it describes the **WEIGHT of HEAVY responsibilities involved in MINISTRY**.

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Yet, it is also **TRUE** as stated in *1 John 5:3*—“*For this is the love of God, that we keep his commandments: and his commandments are not grievous.*”

This again points to the **JOYFUL BURDEN** of sharing the **YOKE** with our **LORD JESUS**.

So, we've seen *A BURDENSOME MESSAGE* and *A BURDENSOME WEIGHT...*

**III. A THIRD WORD TRANSLATED AS “BURDEN” ALSO IN THE NEW TESTAMENT IS FROM A GREEK WORD THAT MEANS “A BURDEN to CARRY as in A TASK or SERVICE”.** It is one thing to have a **BURDEN WEIGHING** down upon you while you stand. It is another thing to be expected to carry that **BURDEN** as an extra load of cargo while you walk. Yet, that is precisely the meaning of this other **NEW TESTAMENT** word for “**BURDEN**.”

A form of the word is translated as “*lading*” and is used literally in *Acts 27:10* of a ship's cargo, “*And said unto them, Sirs, I perceive that this voyage will be with hurt and much damage, not only of the lading and ship, but also of our lives.*”

It is also used figuratively in *Matthew 23:4* of the unbearable burdens of the **Scribes' and Pharisees'** interpretation of the **LAW**. *Matthew 23:4*—“*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.*”

These religious leaders expected people to carry the **BURDEN** in their daily lives of the **Pharisees'** harsh interpretations of the **LAW**. In comparison, **JESUS** said **HIS “burden”** is light in *Matt. 11:30*. Of course there are **BURDENS** for **CHRIST'S disciples**. But these **BURDENS** are not too **HEAVY** to carry, for the **LORD JESUS CHRIST** is jointly **YOKED** with those who heed **HIS CALL**. So, it becomes a **JOYFUL BURDEN** with **CHRIST** at our side!

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**IV. THE FOURTH WORD TRANSLATED AS “LABOUR” IN THE NEW TESTAMENT COMES FROM A GREEK WORD, THAT LITERALLY MEANS “A BURDEN TO OVERCOME.”**

This word is used less than 40 times in the **NEW TESTAMENT**, but it is used frequently by the **APOSTLE PAUL**.

In Classical Greek, it originally meant “*a beating*” or “*to strike something*” or “*the physical consequences of being weary.*” (Liddell-Scott, page 978)

It came to refer to *any kind of work that leads to exertion, pain, or hardship.*

It involved not only the activity of **EXERTION** and **TOIL** and the process of **WORK**, but it also referred to the resulting **FATIGUE** and **EXHAUSTION**. (*Dictionary of New Testament Theology*, Volume 1, page 262.)

**Paul** used this word to describe the **HEAVY BURDEN** of his **MINISTRY**, which sometime even caused him to receive physical blows. (*“in labours”...2 Corinthians 6:5; 11:23*)

In *Colossians 1:29*, **Paul** described this kind of weariness coming to him as a result of his **MINISTRY** to present every man mature in **CHRIST**, the goal for which he **LABORED**.

*Colossians 1:28-29*—“Whom we preach, warning every man, and teaching every man in all wisdom; that we may present every man perfect in Christ Jesus: 29Whereunto I also **labour**, striving according to his working, which worketh in me mightily.

In *1 Corinthians 15:58*, **Paul** said, “Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your **labour** is not in vain in the Lord.”

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We can overcome the **BURDEN** of our **MINISTRIES**, and the resulting **FATIGUE**, because of the **STRENGTH** of the **LORD JESUS CHRIST WHO** is **YOKED TOGETHER WITH US!**

**MINISTRY**, though it can be very **EXHAUSTING**, can also be a **JOYFUL BURDEN** when we are **YOKED** with the **LORD** and depend on **HIM** to help us carry the **BURDENS!**

**Conclusion**

So, what should we take away from this message today?

Whether it be **A BURDENSOME MESSAGE, A BURDENSOME WEIGHT, A BURDEN TO CARRY, or A BURDEN TO OVERCOME, MINISTRY FOR THE LORD** can be difficult.

It often involves proclaiming a message that not everyone wants to hear.  
It often involves heavy responsibilities.  
It often involves the crush of daily burdens.  
It often can and does lead to exhaustion.

But in all of the **BURDENS** of **MINISTRY** and **SERVICE** for the **LORD**, we have a wonderful **LORD** and **SAVIOUR** directly at our side. **HE IS JOINTLY YOKED TO US!**

And this helps our **BURDEN** to be a **JOYFUL BURDEN!**

Is **CHRIST SHARING** your **BURDEN** today?  
Are you **YOKED UP WITH HIM?**  
Won't you come to **HIM** today?