

PEACE THAT PASSES UNDERSTANDING

Troubled or Sustained?

Foundation Statement: *What you do with these weights that try to come on you has everything to do with whether or not you are sustained and the reason why so many people are not being helped the way God wants to help them is because they walk around heavy and tormented and don't cast it onto Him*

I. Burdens are talking about things that come, things that happen that try to put pressure upon you and weigh upon you

- A. Psalm 55:22-Burdens-We are talking about things that come, things that happen that try to put pressure upon you and weigh upon you
1. **Burden**-Load, that which is grievous, wearisome, oppressive; Lot-That which comes, happens
 2. **MSG**-Troubles; **ERV**-Worries-**WYC**-Cast thy care; **AMP**-Releasing the weight of it
- B. When something tries to weigh on you, you cast it upon the Lord; You don't let rest upon you and settle down upon you and carry it around
1. **Cast**-Hurl, throw, fling – They idea here is to get them off of you and onto him
 - a. **GW**-Turn your burdens over to the Lord; **GNT**-Leave your troubles with the Lord; **ERV**-Give your worries to the Lord; **MSG**-Pile your troubles on God's shoulders; **NET**-Throw your burden upon the Lord; **NLV**-Give all your cares to the Lord; **VOICE**-Cast your troubles upon the Eternal
 - b. Psalm 55:22-**AMP**-Cast your burden upon the Lord [releasing the weight of it]; I'm not going to let it sit upon me, weigh me down and trouble me
 - c. Rather than yielding to it and letting it sit upon you and worrying you resist it, throw it onto the Lord and trust
 2. We have been entirely too slow in this area; When you feel the least little bit of weight and heaviness and care, you respond RIGHT NOW; Don't carry it around for the 3 days, 3 hours or 3 minutes – Get it off you; The only way to become more developed in this area and not to be so slow is to practice
 - a. Mark 5:36-Jesus said something to Jairus immediately b/c he wanted him to deal with it immediately
 3. Cares are real things that you can pick up, carry and let weigh upon you or you can really throw them upon the Lord; And you can really take the burdens and cares and things trying to trouble you and give them to the Lord, The Great Caretaker
 - a. Matthew 6:31-You pick up cares with your words and your fear, you cast cares with your words and your faith; You take care by saying, "What I am going to eat, drink, wear," you release the care by saying, "I cast the care of this into my Father's hands and He is taking care of it for me

II. You can't walk around troubled and be sustained

- A. The area that's trying to weigh upon you, if you'd cast the weight of it onto him, he'd sustain you, take care of you in that area
1. **Sustain**-Support, nourish, supply, hold, bear, keep from falling, keep from sinking, Aid, assist, relieve
 2. **MSG**-Pile your troubles on God's shoulders – He'll carry your load, He'll help you out; **GW**-Turn your burdens over to the Lord and He will take care of you; **ERV**-Give your worries to the Lord, and He will care for you; **GNT**-Leave your troubles with the Lord, and he will defend you; **TLB**-Give your burdens to the Lord. He will carry them; **WYC**-Cast thy care, or thought, or busyness on the Lord, and He shall fully nourish you; Psalm 55:22-He will never suffer the righteous to fall – **AMP**-Made to slip, fall or fail; **ERV**-Be defeated; **MSG**-Topple into ruin; **NET**-Be upended
- B. Does God want to sustain you?
1. Psalm 55:22-Cast your burden on the Lord and He will sustain you, he will never allow the righteous to be moved
 2. 1 Peter 5:7-Cast your care upon the Lord, for He cares for you
 3. Psalm 46:1-God is our refuge, our strength, a very present help in trouble
 4. 2 Corinthians 6:16-I will dwell in them, and walk in them; and I will be their God and they shall be my people...And will be a Father unto you
 5. Hebrews 4:16-Come boldly to the throne of grace that we may obtain mercy and find grace to help in the time of need
 6. John 10:14, Psalm 23:1-I am a good shepherd
 7. 1 Thessalonians 5:16-24-This is your spirit, soul and body free from fault and defect all the way to the end b/c the God of peace kept you and sustained you – Him being able to do that for us is connected to us trusting Him and not being troubled – You being sustained is connected to your refusal to allow yourself to be troubled (23-AND-This next part is connected to the previous verses)
 - a. 16-Rejoice evermore – Be glad all the time – That's the opposite of being trouble; Rejoice every more, pray without ceasing, in everything give thanks and hold fast to that which is good is very similar to Philippians 4:4-9
 - b. 23-AND-This next part is connected to the previous verses
 - c. 23-**Sanctify**-Set you part, to be holy; **Preserved**-Attend to carefully, Take care of, To keep; **Blameless**-Free from fault and defect
 - d. Philippians 4:4-9-The only way the God of peace will be with you is if you do these things
- C. Who does He sustain, support, help, keep from failing? NOT the heavy, NOT the upset, NOT the troubled – Does it matter if you walk around heavy and upset and troubled all the time day after day?
1. Should this mean anything to us? Does it matter if we cast our burdens on him? How important is this? How important is the practice of this? – It's the difference in winning and losing, victory and defeat, being sustained or not being sustained; This is the answer to why many aren't getting the

help and the support and they know is available; This is why many aren't being upheld and supported; This is why many problems and troubles loom year after year and are not being taken care of because as long as you are carrying them they will not be taken care of by God

2. If you carry the care and are troubled and upset and heavy and don't cast it upon the Lord, God WON'T BE ABLE to help you and support you; it's not that He doesn't want to it's that HE CAN'T because when you're troubled you're not trusting and if you're not in faith you can't receive what He wants to give to you by grace – THIS IS NOT REAL ENOUGH TO MANY PEOPLE
3. We haven't appreciated the importance of the role our faith plays in whether or not God can get involved; Religion has told us that our faith doesn't matter that much and God do whatever He wants, but God knows that's not true and that's why he's so strong on you not being troubled (Matthew 6:25, Philippians 4:6, 1 Peter 5:7, John 14:1, Ephesians 3:20, Mark 6)
4. We have God's word on it – If we will cast our burden on Him, HE WILL SUSTAIN US

D. To be sustained you're going to have to stop being troubled-1 Samuel 1

1. Ezra 9:5, 10:5-He had to stop being heavy to get God involved and have the situation to change
 - a. Ezra 9:5-He spread out his hands to the Lord – He's looking to God to take care of this and getting this off of Him
 - b. **AMP**-I arose from my depression; **GW**-I got up from my misery; **ISV**-I arose from my discouragement; **MSG**- At the evening sacrifice I picked myself up from my utter devastation, and in my ripped clothes and cape fell to my knees and stretched out my hands to GOD, my God. And I prayed; **NLV**-I rose up from my trouble
2. Isaiah 30:15-Their victory was their rest but because they wouldn't rest (not couldn't, but wouldn't) they put the Lord in a position where he had to wait
 - a. **Rest**-Quietness, quiet attitude; **Quietness**-Be at peace, undisturbed; **Confidence**-Trust; **Saved**-Victory, deliverance
 - b. Hebrews 4:11-Let us labor therefore to enter into that rest
3. 1 Chronicles 22:13-You will prosper if you won't be troubled

III. No matter the circumstance you NEVER have to be troubled and you can always be sustained

A. Luke 8:49-50, Mark 5:23-24-Jairus

1. Jairus got the worst report that you could possibly get – His daughter is 12 years old she's home sick at the point of death; He told Jesus if you come and lay your hands on her she will live and while Jesus was ministering to the woman with the issue of blood the report came that his daughter died
2. When he heard those words can you imagine the fear and torment and anxiety and panic and distress that must have been trying to latch on to him? **Does he have to panic, be troubled, get upset, and freak out?** NO-The Master told him Fear not, believe only and she will be made whole

- a. What's it time for Jairus to do? Say, "I can't help it, did you hear that report, if you had a daughter that died you'd be troubled to." NO, NO, NO!
 3. Jesus is expecting him to do this – Is this unreasonable to tell Jairus to fear not? Is Jesus unreasonable?
 - a. Jesus did not say try to not be afraid, try your best to believe, but it's okay if you don't, everybody in your position would be troubled
 4. Your faith has everything to do with whether or not God can get involved and if you're going to yield to the distress you shut God out-Psalm 55:22
 - a. Jesus didn't say, "She's going to live no matter what you do because I'm God and I can do whatever I want."
- B. Jeremiah 17:7-Does a tree have to be troubled in the middle of a drought?
1. 7-If you're trusting you're not troubled-John 14:1
 2. **See**-Consider, look at, give attention to, gaze at – **Careful**-Anxious, concerned, afraid, dread, take thought, sorrow
 3. Now if you're a tree and there's a draught that would be a reason to be troubled; The tree is like a man trusting in the Lord and like a draught displays inevitable defeat for the tree, defeat might look inevitable in your life, but you don't have to be troubled
 4. **The tree not being troubled has everything to do with it being sustained-Psalm 55:22**
- C. 2 Samuel 12:15-24-David
1. 18-They are expecting when David hears the news that he is going to lose it and freak out (**Vex**-Distress, misery, sad, unhappy, to shatter, be broken)
 2. 18-Vex himself is a good phrase b/c when you're troubled you allowed it yourself and you didn't have to
 3. 20-He could have stayed down and not risen and been troubled
 4. 20-Rather than be troubled he's believing God, having faith in God – Why would you go into the house of the Lord? Because you believe your answer is there and you believe God's going to help you
 5. 24-You can't comfort someone else when you're troubled yourself
- D. Psalm 3:5-6-Do you have to be troubled when your surrounded and defeat look inevitable?
1. Daniel 3-Do you have to be troubled when you're about to go into a fiery furnace?
 2. Psalm 23-David wrote this psalm during of the most dangerous times in his life. He was fleeing from King Saul and his army. David hid himself in a barren, desolate, forest called Hareth, which means a parched and dry like baked earthenware. God did not cease to be David's source. He soaked this dry forest with moisture, which had the appearance of the Heaven On Earth, making even the grass

and the leaves of the forest tender and edible. This revealed David that God provides at all times even when the chances of survival seem to be non-existence.

- E. Psalm 116:3-Just because trouble is surrounding you doesn't mean you have to be troubled (let it get in you and trouble you)
 - 1. **Pains**-Straits, distress; **Trouble**-Distress, vexer, adversity, tribulation; **Sorrow**-Grief, anguish
 - 2. 7-Return unto **rest**-Be quiet, settle down --- He's not allowing himself to be troubled
- F. Psalm 112:7-You don't have be troubled by the bad report, by the bad news – You can hear it and still have peace and not be troubled
- G. You don't have any trouble – All you need is faith in God