

PEACE THAT PASSES UNDERSTANDING

Heaviness

- 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. Proverbs 27:3-Being troubled (sad, upset, mad) is a heaviness and it weighs upon you
 1. In the realm of the spirit realm this vexation really weighs something; It's unseen, it's spiritual and yet it has weight
 - a. **Wrath** is the idea of being troubled (vexation, grief, sorrow, frustration, anger, **ASV**-Vexation **TLB**-Frustration)
 - b. **Heavy**-Weight, mass, abundance, grievous; **Weight**-To bear, to lift, burden, weight; **Heavier**-Very oppressive, burdensome, grievous, sore
 2. When you are distressed, under pressure it's a heaviness, something weighing upon you
 - a. 1 Kings 21:4-Ahab came to his house **heavy** (sullen, sad, implacable-cannot be pacified or made peaceable) and **displeased** (vexed, sad, fret, enraged, angry, sad looking) b/c Naboth wouldn't sell him the land and he fell across the bed, put his face in the pillow, wouldn't eat
 - b. *Isaiah 29:2-I will distress (pressure) Ariel, and there shall be heaviness and sorrow –*
 - c. *Job 6:2-3-Oh that my grief was thoroughly weighed, & my calamity laid in the balances together! For it would be heavier than the and of the sea*
 - C. You can get full of this heaviness and let it get in you
 1. Psalm 69:20-He let this heaviness get in him and he got full of it – **Reproach** (scorn, taunt, disgrace) has **broken** (break in pieces, crushed) my **heart** (inner man, mind, will, soul, inner part) and I am full of **heaviness** (sadness, sorrow, depression of spirits, dejection of mind)
 2. Proverbs 12:25,15,15:13-**Heaviness** (care, anxiety, sorrow, fear) **IN** the heart will make it **stoop** (depress) and that heavy heart shows up on your face and everybody knows about your heaviness because you're wearing it on your face
 3. Proverbs 18:14-You let that trouble get in you and it'll break your spirit and with a wounded and broken spirit you have no chance in this life
 - a. Job 5:2-For wrath kills the foolish man – This vexation, frustration, grief, anger sorrow is a killer
 4. 2 Corinthians 4:8, John 14:1-You can't keep pressure from coming, but you don't have to let it get in you and trouble you

- D. Cultivate the spirit of heaviness and you'll be quick to get upset and you'll be upset about something all the time
1. Isaiah 61:3-You start yielding to this stuff and it won't be long before you give place to and develop the spirit of heaviness in your life
 2. There is the spirit of fear and the spirit of faith – **Spirit**-Disposition, temperament, frame of mind, mentality, make up and it determines your outlook and your perspective and your approach – Where you're looking from determines what you see
 3. It's not just that you're upset, but you look at life through that lens of fear and heaviness instead of through the lens faith
- E. Psalm 119:28-If you allow this heaviness to get in you it will weaken you on the inside and wear you out
1. **KJ**-My soul melts for heaviness: strengthen thou me according to thy word; **AMP**-My soul dissolves b/c of grief; **CEB**-My spirit sags because of grief; **CJB**-I'm melting away from anxiety and grief; **ERV**-I'm sad and tired; **HCSB**-I am weary from grief; **MEV**-My soul collapses on account of grief; **NIRV**-My sadness has worn me out
 2. Exodus 18:18-You're not the caretaker or graced to carry care; It's too heavy for you and trying to carry it will wear you out

II. It's the enemy's plan to keep you and I bothered and troubled and upset about something all of the time

- A. Ecclesiastes 7:9- A fool is upset about something all the time (**Anger**-Vexation, Grief, frustration, sorrow; **Rest**-Settle down and remain);
1. **Most Christians spend entirely too much time being upset about something and according to the Lord we are not supposed to be spending any time being upset about anything; We are not to be living our lives day in and day out troubled, bothered, upset, frustrated, heavy and sorrowful**
 - a. If you don't watch it and keep an eye on yourself you'll be upset about something all of the time
 - b. Whether or not you are troubled is not determined by external conditions; There'll always be something you could be upset about if you choose
 2. Don't be quick to be angry (sorrow, grieved, vex-irritated, troubled, agitated, disquieted)
 3. Any time you're troubled about anything it's evidence that you're not trusting God
- B. How easily we get upset/troubled, how often we are upset/troubled, what we get upset/troubled about says a lot about our faith and our maturity; If you're staying upset, aggravated, annoyed, depressed, hurt that's saying something about you
1. Ephesians 4:14-A child can get upset about anything at anytime and can do it quickly (**Tossed**-Agitated mentally **Carried**-In doubt and hesitation)

- a. 1 Corinthians 13:11-It's time to put away childish things like being trouble and upset so quickly, so easily
- b. Psalm 131
 - 1) 1-My heart is not haughty, nor mine eyes lofty – Pride will have you exercising yourself in matters too high for you
 - 2) 1-Neither do I exercise myself in great matters or things too high for me
 - 3) 2-I have calmed and quieted my soul (AMP)
 - 4) 2-My soul within me has been weaned off of fretting-How much you fret shows your level of maturity
 - 5) 3-**Hope**-Trust, expect
2. When you're easily upset and troubled it's saying something about you
 - a. 1 Kings 21:4-Ahab came to his house **heavy** (sullen, sad, implacable-cannot be pacified or made peaceable) and **displeased** (vexed, sad, fret, enraged, angry, sad looking) b/c Naboth wouldn't sell him the land and he fell across the bed, put his face in the pillow, wouldn't eat
 - b. 1 Samuel 1-Hannah was sorrowful, grieved, frustrated, she wept and wouldn't eat, she was fretting and troubled, she was in bitterness of soul, discontented, heavy, angry, chaffed, miserable, full of anxiety – What does this say about her? How mature she is? How strong her faith is?
3. The level of faith and maturity you walk in can be easily determined by watching how quickly you get upset, how easily you get upset and what you get upset about; When stuff happens that shakes everybody else and you felt too but didn't let it trouble you that says a lot about you
 - a. Isaiah 50:6-7-I set my face like a flint; Isaiah 53:12 (MSG)-He looked death in the face and didn't flinch
 - b. 2 Corinthians 4:8, Acts 20:23-24-Paul said we're troubled on every side, but not distressed and none of these things move me