

## Bearing The Burdens Of Life

I recently saw a T-shirt with the words "Life is Good" written across the front. There is no question about it; life is good for the Christian because he has fellowship with God, all spiritual blessings in Christ (Ephesians 1:3), and the hope of heaven in his heart (Titus 1:2).

Nevertheless, even for the Christian, there will be many burdens to bear. Scripture affirms, "Man that is born of a woman is of few days, and full of trouble" (Job 14:1). In this life, there will be terminal illnesses, tragedies, family and marital troubles, many heartaches, and death.

However, God has promised that with each burden He will provide the strength to sustain His children: "Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved" (Psalm 55:22). The following are some Scriptural ideas that will help us deal with the burdens of life:

**1. Remember to take it "one day at a time."** No one can live tomorrow until it comes, so one might as well live for today. Jesus taught us to do this. "Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof" (Matthew 6:34). Don't worry about tomorrow, next week, or next year, just make it through the day.

**2. Depend on friends and family for encouragement and comfort.** Christians are to "bear one another's burdens, and so fulfill the law of Christ" (Galatians 6:2). In time of trials, having a spiritual family to depend on is indeed a wonderful blessing.

**3. Get closer to God.** It is possible for one who is suffering to get bitter and turn from God. The Christian must have the faith to hold on to God and know that He is "a very present help in trouble" (Psalm 46:1). By prayer and reading God's Word, we can get closer to God. We talk to God and He talks to us. His Word will comfort us in times of despair. Paul wrote about the "comfort of the scriptures" (Romans 15:4).

**4. Be assured that there is a better world to come.** Jesus said that in His Father's house are "many mansions" (John 14:1-3). The "house" of which Jesus spoke is, of course, heaven — a place where "there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain" (Revelation 21:4). In view of these beautiful verses, the Christian can look forward to a better world to come, a world free from the cares, burdens, and trials of this life.

- Mark Lindley, Eastside Church of Christ, Muskogee, OK, via *Bulletin Digest*

God can handle tomorrow if we give Him today.

### News & Notes

**SYMPATHY:** To Ella Beagle and her family at the sudden passing of her son, Glenn. God bless and comfort Ella and the family in their sorrow.

**MEDICAL PROCEDURES:** Bob Cyphers will have a consultation for a lung condition tomorrow, Monday, Dec. 7th. Crystal Baker has resumed Chemotherapy treatments. Remember these in your prayers.

**CARE & SHARE BEARS:** Join the ladies each Tuesday to make bears for children in the hospital.

**NEW PICTURE DIRECTORY:** Pictures will be taken this week, Thursday, Dec. 10th; Friday, Dec. 11th; and Saturday, Dec. 12th. Olan Mills will call each participant to remind them of their appointment.

**PANTRY ITEMS:** Pancake mix & syrup. Also, beans, soup & yams.

**THOSE WITH HEALTH CONCERNS:** City Hospital: Vera Groves. At Home: Fred Larrimore, Sr. (Karen Strum's father), Harry Nice, Virginia Rickerd, Michelle Hanlon, Docie Moore, Marlene Reynolds, Leo Cameron, Linda Parkes, Janet Malcomson, Betty Carlin, Navella Howard. In Iowa: Jack Board. Check the bulletin board for others who are shut in.

### HOW DO YOU SPEND YOUR TIME?

Computers have calculated that the average citizen of North America and the western world invests their 70 years in the following ways:

- 24 years sleeping
- 14 years working
- 8 years amusing themselves
- 6 years eating
- 5 years traveling
- 4 years conversing
- 3 years learning



**QUESTION:** What about God? What about time to read and study His Word? What about time for worship? Consider, if we began at birth and spent three hours a week in church services, at the end of our life we would have less than 30 months.

Think about it!

- (Author Unknown) via *Bulletin Digest*