



## Sermon, Sunday May 15, 2022 “Give Your Burdens to the Lord”

**SCRIPTURE: Psalm 55:16-32** <sup>16</sup> But I call upon God, and the LORD will save me. <sup>17</sup> Evening and morning and at noon I utter my complaint and moan, and he will hear my voice. <sup>18</sup> He will redeem me unharmed from the battle that I wage, for many are arrayed against me. <sup>19</sup> God, who is enthroned from of old, *Selah* will hear and will humble them, because they do not change and do not fear God. <sup>20</sup> My companion laid hands on a friend and violated a covenant with me <sup>21</sup> with speech smoother than butter but with a heart set on war, with words that were softer than oil but in fact were drawn swords. <sup>22</sup> Cast your burden<sup>[b]</sup> on the LORD, and he will sustain you; he will never permit the righteous to be moved. <sup>23</sup> But you, O God, will cast them down into the lowest pit; the bloodthirsty and treacherous shall not live out half their days. But I will trust in you.

### Introduction: My childhood story

Sometimes my mother used to say that she thought I might be rich in the future because I was greedy. The reason my mother said this was because of an anecdote from my childhood that involved persimmons. Many Americans do not seem to like persimmons as a fruit, but Koreans make various dishes out of them. I especially like to eat dry persimmons and enjoy them in wintertime.

One of my relatives owned many persimmon trees. He often encouraged my family to come and pick all we wanted to eat. I, who liked bread and persimmons at the time, visited there alone to pick persimmons from his trees. However, the problem was that the persimmon tree was too far from my house, so it was difficult for a small child to go alone. And there was one time when I picked a very large bag full of persimmons and then tried to pick it up. But that bag was larger than my body, so I had to drag it all the way back home. At that time, my mother was very surprised by my actions, and seeing them thought that maybe in the future, I would live as a wealthy person taking care to get what I wanted.

However, looking back now, I can't tell you how hard it was to bring that bag of persimmons home. In fact, I think it would have been better if I had waited a bit and went with my parents to pick them, or if I had asked an adult for help. I wish I had shared the burden with people who were wiser, stronger, and more experienced than I was, but as a child I foolishly didn't do that. So, I want to share the words of the Bible with you today in the hope that you will not become a fool like me who tried to carry a heavy burden alone.

### Body: Psalm 55 (A psalm of David)

Psalm 55 is David's psalm. The key verse of this psalm is verse 22. **“Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.” (Psalm 55:22).**

Today's text is a psalm about the burdens of life. Psalm 55:1-21 describes the burdens of life that David was carrying. We can learn from David's psalm how to let go of such burdens of life.

David confesses where his worries and anxiety come from in **Psalm 55:3: “by the noise of the enemy, because of the clamor of the wicked. For they bring trouble upon me, and in anger they cherish enmity against me.”** First, the burden that David must bear is related to the **“the noise of the enemy”**.

This is a sin related to words. Those who afflict David seem to speak soft words to David, but in fact, as **verse 21 says; “their speech smoother than butter, but with a heart set on war; with words that were**



**softer than oil, but in fact were drawn swords."** In other words, their words are like swords that attack. That is why they insult, ridicule, and accuse David with their words.

In the end, the voice of the enemy and the oppression of the wicked added sin to iniquity, which was the result of very deliberate anger and hostility towards David. It was a great burden and pain for David to see this situation personally and as a king.

However, we must consider who **'the enemy' and 'the wicked'** David spoke of here are. Look at **Psalm 55:13**. **"But it is you, my equal, my companion, my familiar friend."** These were people David knew well enough, whom he considered reliable.

These are the people David believed and relied on to fight together the evils in society, to share the burden, and to walk together toward the same goal. But it was most painful for David to know that the suffering he was experiencing came from people he knew well and believed he could trust.

David speaks of these people in **Psalm 55:19**: **"God, who is enthroned from of old, (Selah) will hear, and will humble them— because they do not change, and do not fear God."** David had previously thought that these people feared God. But David could no longer think that way. This was the heavy burden and painful situation that David experienced.

Are we not burdened in the same way as David? Doesn't the person I think is on my side hurt me the most? In fact, the types and sizes of the burdens we carry are different, but everyone has their own burden, and the burden is always heavy.

So, what should we do? What would David do? Above all, what David is always good at in this regard is that he quickly brought the matter to the Lord.

What we must not forget is that carrying my burden on my own and leaving my burden on the Lord are completely different. When we try to bear our burdens ourselves, we experience murmuring, anger, and inner fear. Furthermore, we try to escape from the problems presented to us. Even David, who has such good faith, tries to run away because his burden is heavy. (vv.6-8)

However, David does not stop here, he completely entrusts his burden to the Lord. This is the faith we should imitate from David. Let's look at **today's text 55:16**. **"But I call upon God, and the Lord will save me."** What will the Lord do when we leave our burdens on Him?

### **1) The Lord hears our prayers.**

As children of the Lord, one of the things we can be sure of is that God hears our prayers. We have no reason to doubt this. The Lord hears and knows our prayers. And He will do His will for us. The Lord will do the opposite with those who fear Him and those who do not.

### **2) The Lord saves us from tribulation.**

The Lord saves those who fear and depend on Him (verse 16). In our circumstances, the people around us may try to shake us, but the Lord will not allow it.

### **3) The Lord destroys those who do not fear Him.**

The Lord humbles those who betray, deceive, and fight their neighbors because they do not fear God, and those who exalt themselves. The Lord has done that from time immemorial and will do so now. Ultimately, the Lord will bring judgment on the wicked.

Please don't forget that only when we leave all the situations in which we grumble, fear, avoid, and experience anger toward the Lord can our fundamental problems be resolved. Therefore, we must have the wisdom to cast our burdens on the Lord.



## **Conclusion: Cast Your Burdens on the Lord**

**Philippians 4:6-7 says: “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”**

Now let's summarize today's sermon. We can be concerned about burdens we carry. We can complain and be afraid. Also, we may run away, or become angry. We must remember that we can choose how we handle them. And we must know that it doesn't solve our fundamental problem to handle our burdens in these ways.

Only when we put our burdens on the Lord who cares for us, who gives us true peace, and who guards our hearts and minds will our problems be solved. Let us pray and cast our burdens on the Lord. Then the Lord, who is always faithful, will save us from trouble and grant us peace.

