

# What to Do With Burdens

by A.W. Tozer

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*We are not required to carry the burdens of our fallen state, but can instead cast our cares on the Lord and trust in His sustaining power.*

**Scripture:** Psalm 34:18, Psalm 55:22, Isaiah 41:10, Matthew 11:28, John 16:33, Romans 8:28, Galatians 6:2, Galatians 6:5, Philippians 4:6-7, 1 Peter 5:7

**Topics:** "Burdens", "Trusting God"

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## Description

A.W. Tozer discusses the nature of burdens in life, referencing Meister Eckhart's insight that the weight of burdens is irrelevant if the Lord carries them for us. He identifies three types of burdens: the burden of loving help we should offer to others, the moral responsibilities we must bear ourselves, and the burdens stemming from our fallen state, which include sin and sorrow. Tozer emphasizes that while the first two burdens can be manageable, the third can be detrimental to our well-being. He encourages believers to cast their cares upon the Lord, who promises to sustain us, thus alleviating the weight of our struggles.

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## Transcript

"If a burden is laid on my back and another immediately takes it off and carries it himself," said Meister Eckhart, "it can make no difference to me whether it is one or a hundred pounds."

In the Scriptures, there would seem to be three kinds of burdens recognized. First, the burden of loving help which we are admonished to give to others: "Carry each other's burdens, and in this way you will fulfill the law of Christ" (Galatians 6:2). Secondly, the burden of moral responsibility which no one can shift to another: "For each one should carry his own load" (Galatians 6:5). Thirdly, the burden resulting from our fallen state, consisting of sin, fear, worry, disappointments, sorrows, remorse, bitter memories and self-accusations.

The first burden never harmed a soul. The second may even be a source of quiet comfort if our hearts are right. It is the third sort that ages and shrivels and kills. And there is no valid reason for our carrying it (or them, for there are many of this kind). "Cast your cares on the Lord and he will sustain you" (Psalm 55:22). That was what the good Eckhart had in mind when he suggested that no burden would be heavier than any other if the Lord carried it for us.

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