

LIGHTEN THE LOAD

Scripture used: [1 Peter 5:7 \(NLT\)](#)

OVERVIEW

Today, Pastor Ed continued the series “The God Who Sees” with the sermon “Lighten the Load” based on the verse from 1 Peter 5:7: *Give all your worries and cares to God, for he cares about you.*

KEY POINTS

1. **We serve a personal God.** The Bible is only credible if God is personal. Often in our society, God is viewed as impersonal. People view the universe as being run by a set of black-and-white rules and “Everything happens for a reason.” But no one seems to know what the rules are or what the reason is. But when we look to God and His word, we can find the answers because God is personal. [Matthew 7:7-8 \(NLT\)](#) provides us with the spiritual principle of ask, seek, and knock. Because God is personal, we can go to Him and ask Him our questions. We can seek truth in Him, and we can knock and surely He will provide answers to our prayers and questions.
2. **We serve an almighty God.** Sometimes we treat God like a slow-processing computer that needs an upgrade. We fear that if we ask God for too much or come to Him too often, He will overload and crash. But God is powerful, understanding, and “All” mighty. He will never overload. The Bible contains many verses that support this spiritual truth: [Luke 18:27 \(NLT\)](#), [Psalms 24:7-8 \(NLT\)](#), [Isaiah 40: 28-29 \(NLT\)](#), [Jeremiah 32:27 \(NLT\)](#), [Revelations 1:8 \(NLT\)](#).
3. **We serve a God who loves with great emotion (for He cares about you).** In the course of our lives, many of us experience abandonment. We might have experienced this in our childhood, but it also happens in adulthood. Abandonment can cause lasting trauma, PTSD, and fear. Thankfully, we have a Heavenly Father that will *never* abandon us. In fact, not only will He never leave nor forsake us, He rejoices over us with dancing and singing! This spiritual principle is supported in the Word: [Psalms 27:10 \(NLT\)](#), [Deuteronomy 31:8 \(NLT\)](#), [Hebrews 13:5 \(NLT\)](#), and [Zephaniah 3:17 \(NLT\)](#). In [Acts 16: 16-40 \(NLT\)](#), Paul and Silas were arrested and thrown into prison for healing a demon-possessed girl. Around midnight, they began singing and worshiping God. An earthquake broke down the walls of the prison. Perhaps, Pastor Ed says, this earthquake was caused by God rejoicing and delighting in Paul and Silas’ singing. God cares about us so deeply that He is overwhelmed by emotion for us. He loves us forever - and that is a very long time.

DISCUSSION

- 1) **HEAR** - Reflect on all the encouraging verses Pastor Ed provided. Select one that stands out to you. Repeat that verse a few times and then pray asking God to reveal something new and meaningful about that verse. What does that verse mean for you in your current circumstances? How does that verse define our caring, understanding, and powerful God?
- 2) **UNDERSTAND** - Think about how you might be limiting God like Pastor Ed’s illustration of a slow-processing computer. Do you bring the small things to God, or are you afraid to bother Him with what you see as trivial matters? Do you avoid asking for His help with the big things? How might you adjust your view of God as Almighty and the God of the impossible?
- 3) **DO** - Unlike God, we *can* be like overloaded computers. God commands us in 1 Peter 5:7 to give our worries to Him. If we forget to give Him our concerns and to ask, seek and knock, we can easily break down. This week, take time to turn to God even in the small, supposedly trivial matters. Sing praises to Him and watch for Him to send “earthquakes” that will bring you relief from your heavy load. You might want to memorize one of the Bible verses or write it down to refer to when you begin to feel like a slow-processing computer in need of an upgrade.