

# **God's Great Promises**

**May Sermon Series**

# **The Promise of Peace**

## **Lesson One**

# **The Promise of Strength**

## **Lesson Two**

# **The Promise Of Deliverance**

## **Lesson Three**

**The Promise of Support  
for Burdened People  
Lesson Four**

# **Psalm 55:22**

## **Scripture Lesson**

**Cast your burden on the  
Lord, and He shall sustain  
you; He shall never permit  
the righteous to be moved.**

**Psalm 55:22 (NKJV)**

**Cast your burden on the Lord  
[releasing the weight of it] and He  
will sustain you; He will never  
allow the [consistently] righteous  
to be moved (made to slip, fall, or  
fail).**

**Psalm 55:22 (AMP)**



**Pile your troubles on God's  
shoulders - He'll carry your  
load; He'll help you out. He  
will never let good people  
topple into ruin.**

**Psalm 55:22 (MSG)**

**Casting all your care upon  
Him, for He cares for you.**

**1 Peter 5:7**

**Casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].**

**1 Peter 5:7 (AMP)**

**1. What kind of burdens do people carry today?**

**Home, Business, Ministry, Friendships**  
*Burdens People Carry*

**This isn't the neighborhood bully  
mocking me—I could take that.  
This isn't a foreign devil spitting  
invective—I could tune that out.  
It's *you!* We grew up together!**

***You!* My best friend!**

**Those long hours of leisure as we walked  
arm in arm, God a third party to our conversation.**

**Psalm 55:12-14 (MSG)**

**Emotions, Loss, Disappointment, Tragedy,  
Chronic Sicknes**

*Physical Burdens People Carry*

## **2. Things we are NOT TO DO in relation to our burdens:**



**NEVER DOUBT GOD**

**Psalm 55:1**

**NEVER COMPLAIN AND  
INDULGE IN SELF-PITY**

**Psalm 55:2**

**NEVER DESPAIR**

**Psalm 55:4-5**

**NEVER RUN FROM A BURDEN**

**Psalm 55:6-7**

**NEVER BECOME BITTER**

**Psalm 55:15**

**“It’s not the load that breaks  
you down, it’s the way you  
carry it.”**

**Four practical ways you can  
cast your burdens upon the  
Lord and find support:**

# **1. SAY IT (SPEAK)**

**Tell God exactly what your burdens are.**



**"Save me, Oh God, for the waters have threatened my life. I have sunk in deep mire and there is no foothold; I have come into deep waters and a flood overflows me. I am weary with my crying; my throat is parched; My eyes fail while I wait for my God."**

**Psalm 69:1-3 (NASB)**

**The LORD is my rock and my fortress  
any my deliverer, My God, my rock, in  
whom I take refuge, My shield and the  
horn of my salvation, my stronghold. I  
call upon the LORD who is worthy to  
be praised, and I am saved from my  
enemies. "**

**Psalm 18:1-3 (NASB)**

## **2. SOAK IN SCRIPTURE**

**“Incline your ear to my sayings. Let them not escape from your sight...”**

**Your word is a lamp to my  
feet and a light to my path.**

**Psalm 119:105 (NASB)**

**My son be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh. Keep your heart with all vigilance, for from it flow the springs of life.**

**Proverbs 4: 20-23 (NASB)**

### **3. SING, SING, SING!**

**"My tongue will sing of your word, for all your commandments are right."**

**“Worship takes our eyes off all of our burdens and fixes our eyes on the awesomeness of our God!”**

**Oh come, let us sing to the Lord;  
let us make a joyful noise to the  
rock of our salvation! Let us come  
into his presence with  
thanksgiving; let us make a joyful  
noise to him with songs of praise!**

**Psalm 95: 1-2 (ESV)**



**...but be filled with the Holy Spirit,  
addressing one another in psalms and  
hymns and spiritual songs, singing  
and making melody to the Lord with  
your heart, to the Lord; always giving  
thanks for all things in the name of our  
Lord Jesus Christ to God, even the  
Father:**

**Ephesians 5:19-20 (ESV)**

# **4. SURROUND YOURSELF WITH WARRIORS**

**"Iron sharpens iron, and one man sharpens another."**

**Listen to advice and accept instruction, that you may gain wisdom in the future. Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand.**

**Proverbs 19:20-21 (ESV)**

**Iron sharpens iron, and one  
man sharpens another.**

**Proverbs 27:17**

**“Any concern too small to be  
turned into a prayer is too  
small to be made into a  
burden.”**

**Corrie Ten Boom**

**“Take your burden to the  
Lord and leave it there...”**

**Song Writer - Charles A. Tindley, 1916**