

## **Trust Him with Burdens**

### **Ready:**

“Cast your burden on the Lord, and He will sustain you; He will never allow the righteous to be shaken.” - Psalm 55:22

### **Set**

Life consists of many challenges and burdens—some tougher than others. As athletes and coaches, we go through tough losses, injuries and team conflicts, while in life we experience things of both lesser and greater consequence.

When it comes to challenges and burdens, we all handle them differently. But by and large most of us try to deal with them on our own using our own power, intellect and control. And for those of us who are believers this shows a lack of faith.

God desires our trust. He wants to connect with us and bear all of our burdens (Matthew 11:28, 1 Peter 5:7). The problem is we don't really believe that God will take care of our problems and meet our needs. We're impatient, and we want our problems solved immediately and in our own way.

Scripture tells us, though, that our Heavenly Father is most able to meet all of these needs (Philippians 4:19), but too often we listen to our enemy who wants us to believe differently. Satan works hard using our senses, our sins and our circumstances to lead us astray. Why? Because he wants to destroy us and take us down a path leading away from God's wisdom. So if we're going to overcome we need to pray without ceasing, meditate on God's Word, worship Him and obey His teachings. If we ignore or slack in these areas we will be left most vulnerable to the enemy and susceptible to his attacks.

Today, examine your own challenges and burdens on the field and off. Are you trying to solve them on your own without God, or are you trusting Him to bear your burdens and work out the situation? If you truly believe His Word, you can believe that He'll redeem any situation for your good (Romans 8:28). He loves you and is worthy of your trust.

### **Go**

1. How are you handling your present challenges?
2. What would it look like for you to give all of your burdens to God?
3. Do you trust Him to redeem your situations for good? Why or why not?
4. Do you consistently spend time praying, reading His Word and worshipping? Do you obey His Word? Why or why not?

### **Workout**

- Proverbs 3:5-7
- Romans 8:28
- Philippians 4:6-7

**Bible Reference:**

Psalms 55:22

Proverbs 3:5-7

Romans 8:28

Philippians 4:6-7



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