

SPIRITALIVE

HOPE ~ HELP ~ HEALING

September,
2012



"LEARNING TO UNLOAD YOUR BURDENS"

MATTHEW 11:28-30 NKJV

"Come unto me, all ye that labor and are heavy laden, and I will give you rest.

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy and burden is light"

Many of us carry loads we were not designed to lift or bear. We travel on life's road with weights that are beyond our ability to handle. We all have some burdens that are taxing and at times make life seem unbearable. Life can be a journey that is enjoyable even though we all are challenged with cares! **Are you feeling the weight of life?** Well thank God you are not alone! Let's find out what God expects us to do with our burdens.

BURDENS CAN BE A CHALLENGE

Jesus said we don't have to carry all those burdens. We can unload them today! It can be very difficult to do when all we see is trouble at every turn, both on a personal and global level! There is trouble potentially on every side of life and there seems to be no escape. **"Burdens" are everywhere.** What is the Lord referring to when He said people can be "heavy laden"? Heavy laden means being overloaded, weighted down, full of care, or living with anxiety. It also means to be burdened with all the fears and concerns of everyday life. Even though Jesus said that these burdens exist in all our lives, we can do something with every one of them right

now no matter what they may be!

HEAVY LOADS ARE DANGEROUS!

Often while driving we see signs on our roadways that indicate weight restrictions for roads and bridges. Transport trucks have a weight limit for our highways. Truck drivers have to weigh the load they carry from time to time to ensure safe operation. Cars, elevators, meeting rooms and airplanes all have restrictions for our safety. When we overload and break the limitations, not only do we break the law, but we can cause serious injury and even death! *We must learn to stay within the restrictions that are set for our well being.* Human beings have weight restrictions as well! Health professionals tell us that there is a breakdown ahead for those who continue to carry heavy emotional burdens over long periods of time. The physiological and psychological make up of humans is not designed to endure ongoing stress or anxiety. Sometimes we are so busy trying to solve the problems of our loved ones that we become over-taxed with anxiety. We have to **let go and realize** these individuals have the responsibility to make their own decisions. Often parents carry their teenagers' problems, or their family's circumstances. We must **trust God** to help our loved ones just as He has assisted us in the past. 1 Peter 5:7 says to cast every worry, care, and anxiety on the Lord because He cares about us all so affectionately! (see Amplified Bible) Scripture emphatically says we are not to carry any kind of heaviness!

Our **vision** is to be a voice to our generation imparting truth, instilling hope, and motivating positive change.

Our **objective** is to present God's Word in a practical, relevant way through:

Life-changing teaching.

Inspiring guest interviews.

Distributing newsletters.

Providing resource materials.

Hosting workshops & seminars in First Nations Communities.

You can help by becoming a monthly partner. As a partner, you can:

Apply your faith in prayer.

Make financial contributions.

Lend your time and skills to help in program production.

Promote the program by telling others about it.

Encourage us with your letters and praise reports.

The Psalmist said in Psalms 55:22 *"Give your burdens to the Lord, and He will take care of you. He will not permit the godly to slip and fall"* NLT. If we carry heavy loads when we know we shouldn't, we create more problems in our lives. We are not to carry even one problem without inviting the Lord to help us. With God's **help and care** for us we will not "slip and fall". As we give our cares to God, our spirit will not be crushed down and overburdened. Proverbs 18:14 says *"The human spirit can endure a sick body, but who can bear a crushed spirit?"* NLT

CARRY NO HEAVY LOADS

In Philippians 4:6-7, the Spirit of God said through the apostle Paul *"Don't worry about anything; instead pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus"*. NLT "ANYTHING" would include the burdens and the heavy cares of life wouldn't it? God does not want anyone to carry any kind of burden, small or great! We weren't designed by God to carry things that would weigh us down. If we do, then it

would be a disobedient act on our part. In Matthew 6:25 the Lord said don't carry any unnecessary worries about tomorrow! So let's obey that command... lets carry no burdens!

WHERE DO WE BEGIN?

Learning to unload is a must for everyone, whether you are a beginner or a veteran in the faith walk! It's **unhealthy** to try to carry the burdens of life by ourselves. There is no such thing as "you're a big boy or girl" when it comes to carrying life's loads. We all need to unload on the Lord! How do you start casting all your cares on the Lord? We have to start by realizing that God wants us to roll off every care onto him now. Start by talking to the Lord daily and start talking positive about the fact that He can and will take every one of them. Use the stress relieving prayer in Philippians 4:6 *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done"*. Simply tell God your needs and then thank Him for taking care of them! If you think of them throughout the day, just thank God that He is carrying them now, not you!

by Pastor Roma Fisher

PARTNERSHIP INFORMATION

Support the Gospel of Jesus Christ by partnering with Spirit Alive. Send us your emails, prayer requests, testimonies, or financial gifts and help teach the Word of God to our nation.

You can become a MONTHLY PARTNER for as low as \$5 a month. Every bit helps and every gift matters to God.

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SPIRIT ALIVE NEWS

Upcoming Events:

Faith City Church Annual Faith Conference - **September 26 - 30**,
Heritage Building, CLE Grounds, Thunder Bay, ON

Meetings at 10:30 am, 2:30 pm, 7:00 pm - First Meeting Wednesday at 7:00 pm

Annual Spirit Alive Partnership Banquet - **October 26, 2012** - Italian Cultural Center. Inviting all Partners & Friends. Please call to register.

Faith Life Bible School - Start Date **September 13**. Find out more about this exciting relevant ministry training program based in Thunder Bay!



Spirit Alive participated in Longlake #58 Campmeeting in July.



BROADCAST SCHEDULE

GLOBAL Thunder Bay
Sunday 9:30 am EST
Wed 10:00 am EST

CKWS/CHEX TV
Sunday 5:00 am EST

VISION TV
Thursday 7:30 am EST



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