Lighten Your Load 7



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- Yet he understood that his punishments had a lot to do with the way he was and those he punished for the very same thing. Acts 8:3 As for Saul, he made havock of the church, entering into every house, and haling men and women committed them to prison.
- He rationalized his punishments with understanding the worth and value of the Gospel he preached. It was worth it to persevere for the sake of those that needed to know Christ. *Phil. 1:29 For unto you it is given in the behalf of Christ, not only to believe on him, but also to suffer for his sake;*
- Our sufferings today should be for the sake of helping others be redeemed. This helps us reconcile the pain we suffer and makes it worth it in the end. 2Tim. 2:9 Wherein I suffer trouble, as an evil doer, even unto bonds; but the word of God is not bound.



- Many of the choices we have made in this life have brought us and others great suffering. Because we made choices that caused less than ideal circumstances, we are weighed down by the consequences of our own actions. John 16:33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.
- In the midst of these sufferings, we must desire to please God and make these situations better by obedience to His Word. Recognizing the problem and addressing it is the first step. Rom. 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.
- God will always help us through our issues if we make that first step. The second step is to adopt Paul's attitude of contentment and perseverance to see God in the situation. Rom. 8:18 For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.



- Paul was content with his call of making sure that another "Saul Of Tarsus" would not surface under his watch. 1Tim. 1:16 Howbeit for this cause I obtained mercy, that in me first Jesus Christ might shew forth all longsuffering, for a pattern to them which should hereafter believe on him to life everlasting.
- He started churches and discipled many as a preventive measure to eliminate another person suffering for his crimes. Even though he was imprisoned, he found pleasure in those that were free. He found contentment in his calling. 2John 4! rejoiced greatly that I found of thy children walking in truth, as we have received a commandment from the Father.
- Our attitude about our sufferings must be this way.
 We must take every measure to prevent our loved ones from experiencing the pain that we have suffered because of bad choices in our past. Rom. 15:1 We then that are strong ought to bear the infirmities of the weak, and not to please ourselves.



Many of us were born to some type of dysfunction. Whether it was discontent parents, single parents, wayward parents or no parents at all, we have all suffered some type of trauma in our upbringing. This trauma explains the concept of being born into sin and shapen in iniquity. Though our environments and upbringing may have influenced our decisions, God was always there to speak the truth into us when we were making the decisions that molded us into who we are today. We made our own decisions and chose the path that WE thought was best for us instead of following the path that God desired for us.

Though we may have created subpar situations and circumstances, we must be content in making sure that the dysfunction we caused stops with us! It should be our goal to make sure that those we are responsible for receive the right message and not to follow our missteps. As good examples, we should overcome our own dysfunctional issues. What we did, they do not have to do. We must provide a better way for them, just like Paul did for us. Jesus Himself took on sin and suffering to prevent us from being destroyed by it. So even in problematic circumstances, we can find hope for others as we correct the wrongs we have committed. This is the embodiment of denying yourself, taking up your cross, and following Christ. Just as in Paul's day, this same formula will lead to the salvation of many!

2Cor. 12:6 For though I would desire to glory, I shall not be a fool; for I will say the truth: but now I forbear, lest any man should think of me above that which he seeth me to be, or that he heareth of me.

2Cor. 12:7 And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure.

2Cor. 12:8 For this thing I besought the Lord thrice, that it might depart from me.

2Cor. 12:9 And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

2Cor. 12:10 Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.