

A serene sunset scene over a beach. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water. The foreground features a dark silhouette of a tree on the left and a small boat on the right. The overall mood is peaceful and contemplative.

*Cast Your Burdens  
On The Lord*

**Matthew 11:28** Come unto me, all ye  
that labour and are heavy laden, and I  
will give you rest

Compiled By Dr. Harold Bollinger

## **Burdens**

**When you come to Christ, he will give you rest.**

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30

**Cast your anxiety on the Lord.**

“Cast all your anxiety on Him because he cares for you.” 1 Peter 5:7

**Seek the Lord for Strength.**

“Look to the Lord and his strength; seek his face always.” Psalm 105:4

**Do not lean on your own understanding.**

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.” Proverbs 3:5-6

**God gives me strength and makes my way perfect.**

“It is God who arms me with strength and makes my way perfect.” Psalm 18:3

**God’s grace is sufficient for you.**

“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest on me.” 2 Corinthians 12:9

**God will renew your strength.**

“But those who hope in the Lord will renew their strength; they will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.” Isaiah 40:31

**We will find grace in time of need.**

“Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” Hebrews 4:16

**In everything, present your request to the Lord.**

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7

**God will never let the righteous fall.**

“Cast your cares on the Lord, and He will sustain you; He will never let the righteous fall.” Psalm 55:22

**Be not troubled about many things.**

“But the Lord answered her, ‘Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.’” Luke 10:41-42

**Think about things that are praiseworthy.**

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things...and the God of peace will be with you.” Philippians 4:8-9

**The joy of the Lord is your strength.**

“Do not grieve, for the joy of the Lord is your strength.” Nehemiah 8:10

**I can do everything through God who gives me strength.**

“...for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.” Philippians 4:11-13

**Take heart, the Lord has overcome the world.**

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”  
John 16:33

**The Lord strengthens those who trust in him.**

“For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him.” 2 Chronicles 16:9

**God will encourage and strengthen you.**

“In the day that I called, you answered me. You encouraged me with strength in my soul.” Psalm 138:3

**Do not fear, God is with you.**

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” Isaiah 41:10

**Those who dwell with God will rest in the shadow of the almighty.**

“He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, ‘He is my refuge and my fortress, my God, in whom I trust’...He will cover you with his feathers, and under his wings you will find refuge...” Psalm 91:1-2, 4

**The Lord is near to all those who call on him.**

“The Lord is near to all who call on him, to all who call on him in truth.”  
Psalm 145:18

**God enables me to go to the heights.**

“The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to go on the heights.” Habakkuk 3:19

**We will reap blessings if we do not give us.**

“So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up.” Galatians 6:9

**Refresh others and be refreshed.**

“...he who refreshes others will himself be refreshed.” Proverbs 11:25

**The Lord will make me dwell in safety.**

“I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety.” Psalm 4:8

**God is our refuge and strength.**

“God is our refuge and strength, a very present help in trouble.” Psalm 46:1

**God is my portion forever.**

“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.” Psalm 73:26

**God Grants Strength to those he loves.**

“...for he grants sleep to those he loves.” Psalm 127:2

**Jesus has come that we might have abundant life.**

“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.” John 10:10

**The Lord is an everlasting God.**

“Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak.” Isaiah 40:28-29

**God’s presence will go with you and give you rest.**

“My presence will go with you, and I will give you rest.” Exodus 33:14

**My help come from the Lord.**

“I lift up my eyes to the hills, where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip, he who watches over you will not slumber.” Psalm 121:1-3



## **An invitation is given to open your heart's door to Jesus**

**Rev. 3:20**

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

**To ask Jesus to come into your heart, please pray this Prayer:**

Dear Lord Jesus, I believe you are the Christ, the Son of the Living God. I ask you to forgive me of my sins and coming into my heart. I accept you as savior and will follow you as Lord. Amen.

### **References:**

Holy Bible: King James Translation