

Series: Psalms

Title: Cast Thy Burden upon the LORD

Text: Ps 55: 1-23

Date: June 4, 2017

Place: SGBC, New Jersey

Last Thursday night, I told how I study a text, thinking it is the text for the hour. Then sometimes the LORD turns you to another text. Yesterday, I received a text from one of my dear brethren in another state who is suffering a great trial. I tried to comfort her with Psalm 55:22.

**Psalm 55: 22: Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.**

After I sent it, I read Psalm 55. The Lord so moved my heart that I knew this is what I am to preach today. I have so many brethren who are bearing tremendous burdens right now. I ask the Lord to use this Psalm to help them.

Psalm 55 was penned by David when one of David's trusted counselors, Ahithophel, betrayed him. Betrayal by one you love is a tremendous burden. But the Psalm is Christ's word when he was betrayed by Judas. Athithophel is a type of Judas. After Ahithophel betrayed David he hung himself. Judas did the same after he betrayed the Lord. So our Lord Jesus knows what it is to suffer the burden of betrayal from a dear loved one. He said in verse 12,

**Psalm 55: 12: For *it was not an enemy that reproached me; then I could have borne it: neither was it he that hated me that did magnify himself against me; then I would have hid myself from him: 13: But it was thou, a man mine equal, my guide, and mine acquaintance. 14: We took sweet counsel together, and walked unto the house of God in company.***

So in our text, our Savior is speaking. He gives us 1) His exhortation—**Psalm 55: 22: Cast thy burden upon the LORD**, 2) He gives a promise—**and he shall sustain thee**: 3) He gives another promise—**he shall never suffer the righteous to be moved**.

**Proposition:** Our Lord Jesus Christ says to each of his suffering people, "*Cast thy burden upon the LORD and he shall sustain thee; he shall never suffer the righteous to be moved.*"

## **THE EXHORTATION**

**Psalm 55: 22: Cast thy burden upon the LORD,**

It is a great burden to suffer pain and sorrow.

Sometimes we mourn so until our prayer is only a noise—*Psalm 55: 1: Give ear to my prayer, O God; and hide not thyself from my supplication. 2: Attend unto me, and hear me: I mourn in my complaint [my prayer], and make a noise;*

At times, our heart is so broken it feels like we will die—*Psalm 55: 4: My heart is sore pained within me: and the terrors of death are fallen upon me.*

At times, we are overwhelmed by our burden—*Psalm 55: 5: Fearfulness and trembling are come upon me, and horror hath overwhelmed me.*

Then there is the burden of those who have made themselves an enemy against us—*Psalm 55: v3: ...the voice of the enemy, ...the oppression of the wicked: ...they cast iniquity upon me, and in wrath they hate me.* As we saw, it is even worse when it is a dear loved ones.

Often, in the midst of carrying a heavy burden, this is our thought—*Psalm 55: 6: And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest. 7: Lo, then would I wander far off, and remain in the wilderness. Selah.*

But believer we do not need wings to fly away, like the righteousness we need, the help we need in every trial it is not out of reach.

Romans 10: 6: But the righteousness which is of faith speaketh on this wise, Say not in thine heart, Who shall ascend into heaven? (that is, to bring Christ down *from above*;) 7: Or, Who shall descend into the deep? (that is, to bring up Christ again from the dead.) 8: But what saith it? The word is nigh thee, *even* in thy mouth, and in thy heart: that is, the word of faith, which we preach;

We simply need to believe on the Lord Jesus and cry unto him and confess our need of him. That is what it is to “*Cast thy burden upon the LORD.*”

When we believe on Christ, casting all our burden on him, we will not be hasty to escape the trial, saying, *Psalm 55: 8: I would hasten my escape from the windy storm and tempest.* God promises we will not,

Isaiah 28:16...thus saith the Lord GOD, Behold, I lay in Zion for a foundation a stone, a tried stone, a precious corner stone, a sure foundation: he that believeth shall not make haste.

Isaac Watts wrote a song from this Psalm about our temptation to flee from our trouble.

*“Oh, were I like a feathered dove,  
If innocence had wings!  
I’d fly, and make a long remove  
From all these restless things.*

*Let me to some wild desert go,  
And find a peaceful home;  
Where storms of malice never blow,  
Temptations never come.*

*Vain hopes and vain inventions all,  
To escape the rage of Hell!  
The mighty God, on whom I call,  
Can save me here as well.*

*By morning light I’ll seek his face,  
At noon repeat my cry  
The night shall hear me ask his grace  
Nor will he long deny*

*God, my preserver and my friend,  
Can shield me when afraid;  
Ten thousand angels must attend,  
If HE commands their aid.”*

We need not imagine that we need to fly away or escape to some faraway place. The only thing we really need is to cast all our burden on the Lord.

## THE GREATEST BURDEN

The reason our LORD is so ready to help his people is because Christ bore the ultimate burden for us already! Christ bore the heaviest weight anyone has ever borne. He bore all the sin and sorrows, along with the curse and wrath of God for all God's elect people.

Isaiah 53: 4: Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God and afflicted.

Brethren, to make his suffering worse, even those for whom he suffered, sided with his enemies and considered him stricken by God.

Isaiah 53: 5: But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him;

Isaiah 53: 6: ...the LORD hath laid on him the iniquity of us all. [marg. The LORD made the iniquity of us all to meet on him.]

Romans 5: 16: And not *as it was* by one that sinned, *so is* the gift: for the judgment *was* by one [offense] to condemnation, but the free gift *is* of many offences unto justification.

The burden of our sin was far heavier on Christ than a cold, dry legal transaction. The weight of our sin was so tremendous upon our Substitute that it pressed blood out of his pores like sweat. Then our Substitute bore the unimaginable weight of God's own sword of justice.

Isaiah 53: 10: Yet it pleased the LORD to bruise him; he hath put *him* to grief:...

When the sin of his people was found on our Substitute, the righteousness of God demanded,

Zechariah 13: 7: Awake, O sword, against my shepherd, and against the man *that is* my fellow, saith the LORD of hosts:

Mark 15: 25: And it was the third hour, and they crucified him...33: And when the sixth hour was come, there was darkness over the whole land until the ninth hour. [6 hours on the cross, 3 in total darkness] 34: And at the ninth hour Jesus cried with a loud voice, saying, Eloi, Eloi, lama sabachthani? which is, being interpreted, My God, my God, why hast thou forsaken me?...37: And Jesus cried with a loud voice, [it is finished!] and gave up the ghost. 38: And the veil of the temple was rent in twain from the top to the bottom. 39: And when the centurion, which stood over against him, saw that he so cried out, and gave up the ghost, he said, Truly this man was the Son of God.

Because Christ bore that tremendous burden for us, "*with his stripes we are healed.*" (Is 53: 5) To be healed is to be complete in Christ! To be healed is to be the righteousness of God in him! To be healed is to be justified from all things from which you could not be justified by the law of Moses! To be healed is to have your sins separated from you as far as the east is from the west, cast behind God's back and remembered no more. To be healed is to be dead unto sin and alive unto God!

Romans 6: 10...in that he died, he died unto sin once: but in that he liveth, he liveth unto God. 11: Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.

If you have never believed on Christ, he says, “*Cast all your burden on the LORD.*” For those who already rest in Christ, “*Cast all your burden on the LORD.*” Seeing what he already bore, there is no burden he will not bear for any who come to him seeking mercy.

## **THE FIRST PROMISE**

### **Psalm 55: 22...and he shall sustain thee:**

We are totally insufficient to sustain ourselves. But God is all-sufficient to sustain us. What a great match! Our all sufficient God will sustain his helpless people. Just look at Israel in the wilderness.

Nehemiah 9: 15: [He] gavest them bread from heaven for their hunger, and broughtest forth water for them out of the rock for their thirst,...[when they sinned against him, God proved]...17:...thou art a God ready to pardon, gracious and merciful, slow to anger, and of great kindness, and...19...in thy manifold mercies forsookest them not in the wilderness: the pillar of the cloud departed not from them by day, to lead them in the way; neither the pillar of fire by night, to shew them light, and the way wherein they should go. 20: Thou gavest also thy good spirit to instruct them, and withheldest not thy manna from their mouth, and gavest them water for their thirst. 21: Yea, forty years didst thou sustain them in the wilderness, *so that* they lacked nothing; their clothes waxed not old, and their feet swelled not.

Psalm 34:10: The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good *thing*.

When we cast our burden on the Lord, we have someone to tell all our trouble and sorrow and need unto. He is our one and only Wise Counselor and the only remedy for our anxious care.

When we cast our burden on the Lord, he assures us that he is working all things together for the good of his elect on purpose—even my current trouble.

When we cast our burden on the Lord, we find the everlasting love of God shed abroad in our hearts by the Holy Spirit, reminding us, if, when we were enemies, we were reconciled to God by the death of his Son, much more, being reconciled, we shall be saved by his life.

When we cast our burden on the LORD, he turns us from the things we can see and sets our affection on things above and that is the ultimate end he is working for us by these trials.

2 Corinthians 4: 17: For our light affliction, which is but for a moment, worketh for us a far more exceeding *and* eternal weight of glory; 18: While we look not at the things which are seen, but at the things which are not seen: for the things which are seen *are* temporal; but the things which are not seen *are* eternal. 1: For we know that if our earthly house of this tabernacle were dissolved, we have a building of God, an house not made with hands, eternal in the heavens.

When you cast your burden on the Lord, cast all your burden and leave it there. We do not trust Christ for righteousness then try to work out our own. We do not trust Christ for redemption then entangle ourselves again with the yoke of bondage. Nor do we cast our burden on him yet try to carry some of it ourselves.

1 Peter 5: 5:...God resisteth the proud, and giveth grace to the humble. 6: Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: 7: Casting all your care upon him; for he careth for you. [he promises, he shall sustain you]

## THE SECOND PROMISE

**Psalm 55: 22...he shall never suffer the righteous to be moved.**

It is by our triune God that we are *the righteous*. It is by the sovereign electing grace of God, by the obedience of Christ Jesus, and by the Holy Spirit creating a new man within us. Therefore, the righteousness of God will not allow him to lose one who he has made *the righteous!*

Romans 8: 33: Who shall lay any thing to the charge of God's elect? *It is* God that justifieth. 34: Who *is* he that condemneth? *It is* Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us. 35: Who shall separate us from the love of Christ? *shall* tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?...37: Nay, in all these things we are more than conquerors through him that loved us. 38: For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, 39: Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

John 10: 27: My sheep hear my voice, and I know them, and they follow me: 28: And I give unto them eternal life; and they shall never perish, neither shall any *man* pluck them out of my hand. 29: My Father, which gave *them* me, is greater than all; and no *man* is able to pluck *them* out of my Father's hand. 30: I and *my* Father are one.

Not only is it the righteousness of God that will not permit us to be moved, also Christ has so united each member of his body to him that his church is called "*the fullness of him.*" (Eph 1: 22-23) Therefore Christ is not complete unless each and every one of God's elect is with him in eternal glory. Therefore, we can be certain,

Psalm 62:6: He only is my rock and my salvation: he is my defence; I shall not be moved.

Psalm 121:3: He will not suffer thy foot to be moved: he that keepeth thee will not slumber.

May the power of God make us now remember his broken body and his shed blood that we might obey him as he says to us, "*Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.*"

**Amen!**