



John 20; Luke 24

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To help with burdens from:

- A disillusionment of Jesus. John 20:2; Luke 24:21

John 20:2

*So she *ran and *came to Simon Peter and to the other disciple whom Jesus loved, and said to them, "They have taken away the Lord out of the tomb, and we do not know where they have laid Him."*

Luke 24:21

"But we were hoping that it was He who was going to redeem Israel. Indeed, besides all this, it is the third day since these things happened."

- A disbelief in God's Word. John 20:9

John 20:9

For as yet they did not understand the Scripture, that He must rise again from the dead. So the disciples went away again to their own homes.

- A discouragement with my life. John 20:11; Luke 24:17

John 20:11

But Mary was standing outside the tomb weeping; and so, as she wept, she stooped and looked into the tomb

Luke 24:17

And He said to them, "What are these words that you are exchanging with one another as you are walking?" And they stood still, looking sad.

Burdens are lifted when I...

1st Discover the risen Jesus. John 20:14-15

John 20:14, 15

*When she had said this, she turned around and *saw Jesus standing there, and did not know that it was Jesus. Jesus *said to her, "Woman, why are you weeping? Whom are you seeking?"*

John 20:16-23

*Jesus *said to her, "Mary!" She turned and *said to Him in Hebrew, "Rabboni!" (which means, Teacher). Jesus *said to her, "Stop clinging to Me, for I have not yet ascended to the Father; but go to My brethren and say to them, 'I ascend to My Father and your Father, and My God and your God.' "*
*Mary Magdalene *came, announcing to the disciples, "I have seen the Lord," and that He had said these things to her.*

2nd Learn the truth of His Word.

Luke 24:25-27

And He said to them, “O foolish men and slow of heart to believe in all that the prophets have spoken!” “Was it not necessary for the Christ to suffer these things and to enter into His glory?” Then beginning with Moses and with all the prophets, He explained to them the things concerning Himself in all the Scriptures.

Later to all the disciples: Luke 24:44-47

Now He said to them, “These are My words which I spoke to you while I was still with you, that all things which are written about Me in the Law of Moses and the Prophets and the Psalms must be fulfilled.” Then He opened their minds to understand the Scriptures, and He said to them, “Thus it is written, that the Christ would suffer and rise again from the dead the third day, and that repentance for forgiveness of sins would be proclaimed in His name to all the nations, beginning from Jerusalem.

Two kinds of burdens today:

- **Those Christ will lift, lighten and carry with you.**

Galatians 6:2

Bear one another’s burdens, and thereby fulfill the law of Christ.

Matthew 11:28-30

“Come to Me, all who are weary and heavy-laden, 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.”

- **Those Christ alone will remove.**

Luke 24:46, 47

Thus it is written, that the Christ would suffer and rise again from the dead the third day, and that repentance for forgiveness of sins would be proclaimed in His name

Will you turn to Christ with your burdens today?

Pray: Dear God in heaven, I know that I have sinned against you and ask for Your forgiveness. I do believe that Jesus Christ died as payment for my sins. I now place my trust in Him alone to forgive me and cleanse me from all my sins. From now on, please help me to turn from my sin and to live a life pleasing to You according to the Bible. I pray in Jesus name.



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