

Bear Ye One Another's Burdens

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Study Given by W.D. Frazee—March 6,

We are in an age when the human mind as well as the human body is breaking under the stress of rivalry, competition, and selfish ambition. The methods that the world is using to deal with this problem only aggravates it.

I was struck with that as my eye caught this report:

“The Food and Drug Administration disclosed that fifteen persons died as a result of taking a new drug for mental depression. Approximately three and a half million people in the United States, Canada, and Great Britain have used the drug since it went on the market since 1961” *News Week*, March 9, 1964.

When I read that my mind went to this wonderful statement:

“‘Something better’ is the watchword of education, the law of all true living. Whatever Christ asks us to renounce, He offers in its stead something better” *Education*, page 296.

Since we have studied that the work of the medical missionary is largely a spiritual work, the Lord wants you and me to be expert in knowing how the Gospel of Christ works as the antidote to all the ills sin is causing. And this toxin of selfish ambition, rivalry, and strife that produces envy, jealousy, and frustration has an antitoxin. It is something that is designed by the Lord to do away entirely with all the ills of sin. It is the antitoxin of love. It is the Gospel's answer for all the problems that sin has made.

“Bear ye one another's burdens, and so fulfill the law of Christ” Galatians 6:2.

Burden bearing cost something. It cost the utter sacrifice of everything that interferes with burden bearing. If you would wrap all of it into one package, you would find it all comes under selfishness.

I never get tired of studying this great subject of love and selfishness. It is the most interesting thing in all of life. We are told that this controversy between the two great motives enters into every phase of human experience. And in every act of life you and I reveal one or the other of these two antagonistic motives.

Love is associated with life. Selfishness, rivalry, competition—all these in their varying degrees—leads to death. No question about it.

What the law of Christ is? I will tell you. It is love. But love is expressed in a very practical way. Love is expressed in doing things for people. So Paul says to bear one another's burdens, and in this way carry out the law of Christ.

To do this we are to bear one another's burdens. What word would you substitute for bear? Carry. We sometimes use bear in a sense to tolerate, to put up with. But it isn't that use of the word that we are studying tonight. It is bear in the sense of carry. What do you carry? You carry a load.

Someone was telling me about a foreign field that they labored in where some of those natives had so educated their muscles and minds to carry burdens that they saw one man pick up a piano all by himself and carry it up some stairs. I would say that man was a burden bearer. What would you say?

How much of a load can you carry? Many of the burdens that other people have that they can't carry you and I are supposed to help them carry. And they couldn't be weighed on a scale. They couldn't be measured in pounds or gallons, or anything of that kind. But they are heavy burdens of sickness, pain, misery, uncertainty, fear, worry, anxiety, ignorance, and sin.

The greatest example of burden bearing that we have in all the six thousand years of earth's history is Jesus. He came for that purpose. He left heaven and came to this world just to be a burden bearer. Imagine Him coming billions and billions of miles just for the purpose of bearing burdens.

“Even as the Son of man came not to be ministered unto,
but to minister, and to give His life a ransom for many”
Matthew 20:28.

Thank God He came for that purpose? How far would you go hunting up a chance to bear burdens? Well, that depends upon whether we have what He had and does have. What was that? Love. And love is leading Him to pour out His life still.

Back in the ancient service the high priest bore on his breast and shoulder the name of the tribes of the children of Israel. So our great High Priest, as He stands there in the most holy place, is the great burden bearer. He bears our names upon His heart, our burdens upon His shoulder.

“For unto us a Child is born, unto us a Son is given: and
the government shall be upon His shoulder” Isaiah 9:6.

And the thing that weighs upon Him is the people whom He has redeemed with His precious blood. He is the great burden bearer.

He invites us all to share in that work, and to purpose for ourselves a good degree of burden bearing. We are all invited to qualify for that degree.

I was interested in a letter that the Lord's messenger wrote to Elder Burden. He was the first manager of the Loma Linda sanitarium that started nearly 60 years ago out there on the Hill Beautiful. She gave him a caution.

She said, "Do not be a burden bearer in so many lines."

She warned him that it might interfere with a particular work God had given him to do. His name was Burden, and he was a burden bearer. It was my privilege to know him.

Let me give you an example of the way others were on his heart. I was a little barefoot boy in San Diego, California. One Sabbath I went out to Paradise Sanitarium to attend Sabbath School and church. My Sabbath School teacher had moved out there, and they invited me to come.

After church we had dinner. I was sitting out on the lawn. I was about eleven or twelve years old. Elder Burden came out of the sanitarium and across the lawn to where I was sitting. I can still hear that voice.

"Have you had your dinner, brother?" he said.

Imagine the manager of a sanitarium interested in whether a little boy had his dinner or not. Wasn't that sweet? Well, he was a burden bearer, and all who knew him knew it. Thank God, he had that degree.

That's what a medical missionary is—a burden bearer. That's what Christ invites everyone of us to be. "Bear ye one another's burdens, and so fulfil the law of Christ."

I fancy I hear someone say, I can't be a burden bearer. I am just a burden.

There were two men that someone met over in a foreign country. A blind man and a cripple. Somehow in the providence of God they had found each other. The blind man was carrying the cripple, and the cripple was guiding the blind man. The cripple was perched upon the shoulders of the blind man, and the blind man was feet for the cripple.

If I had a photograph of that team, and was selecting a Bible text for it, I would select Galatians 6:2. And that is the point that I am anxious we get. In case you don't know it, everyone of you is a burden to someone.

If that is a surprise, don't let it shock you too much, but it is the truth. You are a problem to someone. You might wish you weren't a part of a problem. There is a saying that it is a lot nicer to be part of the answer than to be part of the problem. It is. But you are part of a problem to someone. You are a burden to someone.

Someone is saying, Yes, I know. That's the trouble. I am not good for anything.

Why aren't you?

Well, I am a burden.

Tell me friends, how could there be any burden bearers if there weren't any burdens? There couldn't be. But that is only half of it. No matter how big a burden you are to someone, you can be a burden bearer for someone, if you are willing to let someone help you, and if you are willing to help someone.

It is all packed into a few words that Paul heard from Jesus:

“I have showed you all things, how that so laboring ye ought to support the weak, and to remember the words of the Lord Jesus, how He said, It is more blessed to give than to receive” Acts 20:35.

Notice Paul didn't say it is blessed only to give or blessed only to receive. The selfish man thinks all the blessing is in receiving. But there are people whose vision of unselfishness is so partial that they see only the joy of giving.

But there is a joy in receiving also. Doesn't this text teach that? It is suggested in the wording of the text itself.

So tonight I say to every one of you, you can be not only a burden, but a burden bearer, a burden sharer, if you please. If you are blind, think of some cripple that your legs can carry. If you are a cripple, think of some blind man that your eyes can guide. And there is not a soul here but what is to be both giving and receiving as long as life shall last. God is arranging these teams. Let me give an example of that:

“Whether in the home, the neighborhood, or the school, the presence of the poor, the afflicted, the ignorant, or the unfortunate should be regarded, not as a misfortune, but as affording precious opportunity for service” *Education*, page 268.

Is it a calamity when we come in contact with the poor or the afflicted? Is it a calamity when someone in our home needs ministry in an unusual way, whether physical, mental, or spiritual? No, that is not a calamity. We are not to regard this as a misfortune, but as what? As affording precious opportunity for service. When a person gets a view of that, he can be a happy medical missionary. And there is no other way to be happy and meet the world's problems today.

“Take away suffering and need, and we should have no way of understanding the mercy and love of God, no way of knowing the compassionate, sympathetic heavenly Father. Never does the gospel put on an aspect of greater loveliness than when it is brought to the most needy and destitute regions” *Testimonies for the Church*, Vol. 7, page 226.

God is capitalizing on the needs of those we come in contact with, whether it be in our own home, on our own campus, in our neighborhood, our community, in the area around us, and to the ends of the earth.

Why do we have mission readings on Sabbath morning in the Sabbath School? Why are we told about the needs in South America, India, Japan, Africa, and around the world? So we will give money? Yes. But why? That our hearts might be drawn out; that we might become burden bearers and burden sharers for the whole world. "Bear ye one another's burdens, and so fulfill the law of Christ."

I am so thankful the way the Lord uses these different situations. Take another example:

"The presence in our homes of one of these helpless ones is a precious opportunity to co-operate with Christ in His ministry of mercy and to develop traits of character like His. There is a blessing in the association of the old and the young" *Ministry of Healing*, page 204.

God has a better plan. He brings together youth and aged, the helpful and the helpless. What for?

"The youth may bring sunshine into the hearts and lives of the aged. Those whose hold on life is weakening need the benefit of contact with the hopefulness and buoyancy of youth. And the young may be helped by the wisdom and experience of the old" *Ibid*.

Don't forget that. You may run faster than grandpa or grandma, but you may not know quite so much. There may be a lesson in this cripple and blind man hooked together. You may need a little more brain power to harness the active muscles.

"Above all, they need to learn the lesson of unselfish ministry" *Ibid*.

Someone says, "But some old people are a problem."

Yes, and I have seen some young ones that are problems too. Have you? Don't forget, everybody is a problem to someone. You are a problem to someone. But in that fact lies an opportunity to join with someone who will help you with your burden, and you in turn can help with his burden. Don't forget it.

We were in the hospital were Judy Miller was giving her witness of the sustaining grace of God as she was going into the valley of the shadow. Dear Sister McCray was lying in the bed next to Judy. It was an interesting providence. Nobody planned it except heaven. Each one, unknown to the other, told us how much the

other one was an encouragement to them. Sister McCray was an encouragement to Judy Miller, and Judy was an encouragement to Sister McCray. Isn't that nice?

In heaven's plan, God always has something for every one of His children to do for others. You may think that there was very little Judy Miller could do lying in a hospital bed with pint after pint of donated blood pouring into her veins. But she was a witness. One of the nurses in the intensive care section is a daughter that my wife give Bible studies to years ago. She knows something of our message. She has been much impressed with Judy's life and witness. She said that as nurses they don't get too involved with their patients because they have so many. But there was something about that girl that got hold of her heart.

Nobody gets past the opportunity of helping others, no matter how helpless they seem, and not matter how much of a burden they seem to other people. Therein lies the accuracy of the wording of our text: "Bear ye one another's burdens."

A dear man and his wife left good positions in the Lord's work over two thousand miles from here three years ago because they say that I needed help. I thank the Lord for that.

"The work of building up the kingdom of Christ will go forward, though to all appearance it moves slowly and impossibilities seem to testify against advance. The work is of God, and He will furnish means, and will send helpers, true, earnest disciples, whose hands also will be filled with food for the starving multitude" *The Desire of Ages*, page 370.

If we will do what we can, God will bring other people to share our burdens as we seek to share the burdens of others. Isn't that wonderful? There is a place of burden bearing for everybody. There is something for you to do. If you are crippled or blind or paralyzed, let your heart reach out.

"Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou see the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward" Isaiah 58:7-8.

So instead of turning to the world's ways of dealing with worry, anxiety, frustration, disappointments, Jesus has a sweeter and simpler way. Get interested in somebody else. No matter how weak you are. No matter how big a burden you are. You can be a burden bearer. You can qualify for that BB degree. You can, in this way, fulfill the law of Christ.

Guide me to those who need my help,
Teach me to see their need
That I may speak the word that cheers

And do that kindly deed.

And if the work that Thou shall appoint
Is what the world counts small;
Make me continued in my lot,
And faithful in it all.

There comes a time in nearly every young man's life when he thinks of a career. What will he be? What will he do? May I invite you to be a burden bearer? In a young woman's life there comes the thought, Well, I wonder what I am going to do? I wonder what I will be? And the world has its ways of trying to attract with the glitter and tinsel and jingle. But I invite you to qualify for this degree. Be a burden bearer. And if someone says to you, That means to be a nobody, say, Very well, I will be a nobody.

Jesus was in many ways. He came from a little village that was considered of no account. He was of lowly birth as far as this world was concerned. He was unrecognized by the school men of His day. He entered upon His work poor and ended it poor. But all through that life there was one thing that characterized it. He was possessed for one purpose. He lived to bless others. In other words, He was a burden bearer.

You can do that. Thank God, that is what many of you are doing. You have already tasted the joys of this. Jesus has taken us by the arm and said, Come with Me, and together we will bear the burdens of others.

As we do that, He makes up for our deficiencies over and over again. I thank God for the way He has taken my poor, weak bungling, awkward, and inadequate efforts and used them to help someone just because He knew that person needed help and I was trying.

I know He will do the same for everyone of you. All He asks is for the willing hand, the loving heart. Oh, praise His name for such a simple and wonderful plan in which we can all share.

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