

# Bear Ye One Another's Burdens

#0703

Study Given by W. D. Frazee—March 6, 1964

Last Friday night, we were studying from the book of James, you remember, the third chapter beginning with the 13<sup>th</sup> verse. I'd like to pick that up again tonight and go a little farther with it.

We gave you the translation or the paraphrase last week, "Who is an educated man? Let him demonstrate it by his life and his works."

True education is manifested in a way of life, in doing something practical. You remember James goes on here to show that the wisdom of this world, the education of this world, is based on strife and envying.

We read you from other translations last week that translate this "rivalry" and "ambition."

We also brought you last week some very interesting things from a nationwide survey, showing that from 20–30 percent of the university students of the United States over the nation are either getting psychiatry care or need it.

We're in an age, dear friends, when the human mind, as well as the human body, is breaking under the strain, the stress of competition, rivalry, selfish ambition. And the methods that the world is using to deal with its problems, in the end, only aggravate the problems.

I was struck with that, as my eye caught this report in the *Newsweek* of March 9, 1964. We haven't quite come to March 9, but anyway, that's the date of this release:

"The Food and Drug Administration last week 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 in March 1961" *Newsweek*, March 9, 1964.

It's a sad world, isn't it friends? Sad world, and when I read that, my mind went to this wonderful statement in the book *Education*, page 296:

"'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... This is not sacrifice, but infinite gain" *Education*, page 296.

And since, as we've studied:

"The work of the true medical missionary is largely a spiritual work..." *Counsels on Health*, page 540.

The Lord wants you and me to be experts in knowing how the Gospel of Christ works as the antidote to all the ills that sin has caused. And this toxin of selfish ambition, rivalry, strife that produces envy, and jealousy, and frustration, and as the result, various physical and mental symptoms of breakdown, I say that toxin has an antitoxin, thank the Lord. It's something that is designed by the Lord to do away entirely with all the ills of sin. It is the antitoxin of love, the antibody of love. It is the Gospel's answer for all the problems that sin has made.

So, my text tonight is found in Galatians the sixth chapter and the second verse, and if you would like the title for this lesson tonight, it is "The BB Degree." You've heard of the BA degree. Well, this is the BB degree. And I hope you all are working on yours. Maybe some of you have received it. If so, there is some post-graduate work that you can take. But at least we all should get this BB degree.

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

What's the BB degree? Burden bearer, that's right.

Martha, do you suppose you could get this degree? Why, sure.

Even the children can work on this degree, can't they, Sister? That's right. That's the wonderful thing about this degree, it's available to everybody.

But I want to tell you something, friends. It isn't something you get in a minute. No degree worth anything is just sold over the counter for 15 cents or even 15 dollars or given just because somebody has expressed a desire for it. No. Degrees are supposed to be earned, aren't they? Yes, supposed to be, and this one is.

Burden bearing costs something. It costs the utter sacrifice, the entire sacrifice, of everything that interferes with burden-bearing. And if you'd wrap all of it in one package, you'd find it all comes under the name of selfishness.

I never get tired of studying this great subject of love and selfishness. It's the most interesting thing, friends, in all of life. In fact, we're told that this controversy between the two great motives enters into every phase of human experience and that in every act of life, you and I reveal either the one or the other of these two antagonistic motives.

And let me tell you, love is associated with life. And selfishness, rivalry, competition, all these in their varying degrees, various amounts of this venom of selfishness, they all lead to death—no question about it.

So, tonight we're going to spend a little time thinking about this wonderful life-giving, healing plan that God has brought to us, of learning to live in harmony with the law of heaven, which is the law of service, the law of self-sacrificing love.

Now, will you read this text with me? All together:

"Bear ye one another's burdens, and so fulfil the law of Christ" Galatians 6:2.

What's the way to fulfill the law of Christ? I wonder what the law of Christ is. Well, I'll tell you, friends. It's love, it's love. But love is expressed in a very practical way. Love is expressed in doing things for people.

And so, Paul says:

"Bear ye one another's burdens, and so..." Galatians 6:2.

What does "so" mean there? "In this way," "in this manner," "by this method," "through this means."

"In this way":

"...fulfill..." Galatians 6:2.

That is, "keep," "observe," "do," "carry out," "practice," what?

"...the law of Christ" Galatians 6:2.

"If ye love Me..." John 14:15.

Do what?

"...keep My commandments" John 14:15.

"And this is His commandment, That we should... love one another..." 1 John 3:23.

Very well. Now, to do that, it says we're to what? Bear what? Bear one another's burdens. What word would you substitute there for "bear"? Carry, that's right. Now we sometimes use the word "bear" in the sense of "tolerate," "put up with."

They say, "I just can't bear so and so."

Well, some people can't bear so and so, but it isn't that use of the word "bear" that we're studying tonight. It's "bear" in the sense of what? Carry, carry. What do you carry? Well, you carry a load. It might only weigh a half-pound or a pound, or it might weigh a hundred pounds.

Someone was telling me about a foreign field that they labored in, where some of those natives have so educated their muscles (and shall I say their minds) to carry burdens, that they've seen one man pick up a piano all by himself and carry it up the stairs, one man. Well, I would say that man was a burden bearer. What would you say? Yes.

Now, how much of a load can *you* carry? Not a piano, necessarily. Many of the burdens that other people have that they can't carry, that you and I are supposed to help them carry, could never be weighed on a scale, could they? No. They couldn't be measured in pounds, or gallons, or anything of that kind. But they're nevertheless burdens, heavy burdens, burdens of sickness, burdens of pain, burdens of misery, burdens of uncertainty, of fear, worry, anxiety, burdens of ignorance, burdens of sin.

"Bear ye..." Galatians 6:2.

What?

"...one another's burdens, and so fulfil the law of Christ"  
Galatians 6:2.

Now, the greatest example of burden-bearing that we have in all the 6,000 years of this world's history, who is it? Jesus. He came for that purpose. He left heaven and came to this world just to be what? A burden bearer. Imagine that, can you friends? Imagine anyone coming millions and billions and trillions 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..." 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 on whether we have what He had and what He does have still. What was that? Love. Love led Him from the throne to the manger and from the manger to the cross. And love is leading Him still to pour out His life.

You remember back there in the ancient sanctuary service that the high priest bore on his breast and on his shoulders the names of the tribes of the children of Israel. And so, our great High Priest, as He stands there tonight in the Most Holy Place, is the great Burden Bearer, 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, my friends, is the people whom He has redeemed with His precious blood. He's the great Burden Bearer. Now, He invites us all to *share* in that work, and to purchase for ourselves a good degree, this degree of BB, "burden-bearer." We're all invited to qualify for that degree.

You know, I was interested in a letter that the Lord's messenger, Sister White, wrote once to Elder Burden. He was the first manager of the Loma Linda Sanitarium that started nearly 60 years ago, you remember, out there on the Hill Beautiful. And she gave him a caution.

She said:

“...Do not you, my brother, be burden bearer in so many lines...” *Counsels on Diet and Foods*, page 445.

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. And he was. It was my privilege to know him.

Let me give you an example of the way others were on his heart. I hadn't thought about it for a while, but just as I mention his name tonight, it comes back to my mind.

I was a little barefoot boy in San Diego, California. And one Sabbath I went out to Paradise Valley Sanitarium which was a few miles away, to attend Sabbath school and church out there. There was somebody I knew out there. My Sabbath school teacher had moved out there, and they invited me to come.

And after church, we had dinner, and I was sitting out on the lawn just after dinner. Remember, I was just a barefoot boy. I suppose I was about eleven or twelve years old. And the manager of the sanitarium, Elder Burden, came out of the sanitarium, came across the lawn to where I sat there in a little seat. And I can still hear that voice.

“Have you had your dinner, brother?” he said.

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

That's what a medical missionary is—a burden bearer. And that's what Christ invites every one of us to be.

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

But I fancy I hear somebody saying, “I can't be a burden bearer. I'm just a burden.”

And I've been thinking about that this week. We were talking about it in class the other day. And I was telling them about two men that someone met over in a foreign country, a blind man and a cripple, a blind man and a cripple. And somehow in the providence of God, they had found each other.

And when this traveler saw them, the blind man was carrying the cripple, and the cripple was guiding the blind man. You get the picture, don't you? There was the cripple perched up on the shoulders of the blind man, and the blind man was feet for the cripple, and the cripple was eyes for the blind man.

And if I had a photograph of that team and was selecting a Bible text for the duet, I would select this one, our subject tonight:

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

And that is the point, my dear friends, that I'm anxious most anxious that we get here tonight, for in case you don't know it, every one of you is a burden to somebody.

Now, if that's a surprise to anybody, don't let it shock you too much, but it's the truth. You're a problem to somebody. That's right. You might wish you weren't a part of a problem. There's a saying, you know that it's a lot nicer to be part of the answer instead of part of the problem. It is, but you're part of the problem to somebody.

How many of you already knew that? May I see your hands? Well, I didn't hit it far wrong, did I?

If any of you didn't raise your hands and really want some personal help, we'll be glad to arrange it. But it's the truth, friends, very seriously. You're a problem to somebody. You're a burden to somebody.

But somebody is saying, “Yes, that's what I know, and that's the trouble. I'm just not good for anything.”

“Why aren't you?”

“Well, I'm a burden.”

Tell me, friends, how could there be any burden bearers if there weren't any burdens? Could there be? There couldn't be. But that's only half of it. No matter how big a burden you are to somebody, you can be a burden bearer *for* somebody, if you're willing if you're willing to do two things: if you're willing to let somebody else help you, and if you're willing to help somebody. That's all.

It's all packed into a very few words, in those marvelous syllables that Paul remembered from Jesus and put here in Acts 20 and the 35<sup>th</sup> verse:

“...Remember the words of the Lord Jesus, how He said, It is...” Acts 20:35.

What?

“...more blessed to give than to receive” Acts 20:35.

Now notice, he didn't say, "It is blessed *only* to give," or "It's blessed only to receive."

The selfish man thinks all the blessing is in what? Receiving. But there are people whose vision of unselfishness is so partial that they see only the joy of giving.

There's a joy in receiving, too. Doesn't this text teach that? Yes. There's a greater joy in giving than in receiving, but there is a joy in receiving. That's suggested in the wording of the text itself.

And so, tonight I say to every one of you, friends, you can be not only a burden but a burden bearer, a burden sharer, if you please. If you're blind, think of some cripple that your legs can carry. And if you're a cripple, think of some blind man that your eyes can guide.

And there's not a soul here tonight, I care not how old you are, or how young you are, but what is to be both giving and receiving as long as life shall last. God is arranging these teams, these duets.

Let me give you an example of that. Here in this book *Education*, from which I read a moment ago, page 268, listen:

"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.

Ah, is it a calamity when we come in contact with the poor, the afflicted? Is it a calamity when someone in our home needs ministry in an unusual way, whether it be physical, or mental, or spiritual? No, my friends, that is not a calamity. We are to regard this:

"...not as a misfortune, but as..." *Ibid.*

What?

"...as affording precious opportunity for service" *Ibid.*

"...precious opportunity for service" *Ibid.*

Why, when a person gets that view of things, he can be a happy medical missionary. And there is no other way to *be* happy and meet the world's problems today, friends.

Look at this in *Volume 7*, page 226, and this was written concerning the very field in which you and I are located. The name of the chapter is "Needs of the Southern Field."

Listen:

“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, Volume 7*, page 226.

Read the whole page. It’s beautiful. My point is this, friends, God is capitalizing on the needs of those we come in contact with, whether it be in our own homes, on our own campus, in our neighborhood, our community, in the area around us, and to the very 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, Inter-America, Australasia, India, Japan, Africa, and so on around the world? Why is that?

“Why,” somebody says, “so we’ll give money.”

Yes, yes. But why? Why? Ah, my friends, that our hearts might be drawn out; that we might become burden bearers and burden sharers for the whole world. Is that right?

What’s our text tonight? Again, together:

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

Oh, friends, I’m so thankful for the way the Lord uses these different situations.

Take another example here. This is in *Ministry of Healing*, page 204:

“The presence in our homes of one of these helpless ones...” *Ministry of Healing*, page 204.

This is talking about the aged. Here’s a helpless aged person:

“The presence in our homes of one of these helpless ones is a precious opportunity to cooperate 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” *Ibid.*

So, instead of orphans’ homes over here, and a home for the aged somewhere else, and the able-bodied in between somewhere running the race of life without interference with all those burdens, God has a better plan, friends. He brings together youth and age, the helpless and the helpful. What for?



Now, watch:

“The young 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, dear young people. You may run faster than grandma or grandpa, but you may not *know* quite so much. There may be a lesson in this cripple and blind man hooked up together. And you may need a little more brain power to harness those active muscles of yours.

“The young may be helped by the wisdom and experience of the old. Above all they need to learn the lesson of unselfish ministry” *Ibid.*

“Ah but,” somebody says, “Some old people are really a problem.”

Yes, I've seen some young ones that were problems, too. Have you? Don't forget what I said near the beginning of my talk tonight. Everybody's a problem to somebody. You're a problem to somebody. But in that very fact lies an opportunity, my friends, to join with somebody who will help you with your burden, and who you, in turn, can help with his burden. Don't forget it.

May I tell you something, friends that just came to me yesterday? We were at the hospital where dear little Judy Miller is giving her witness of the sustaining grace of God as she goes into the valley of the shadow. And our dear Sister McCray is lying, or was yesterday, in the bed right next to her.

And you know, that was an interesting providence. Nobody planned it except heaven. And imagine, a hospital with, I think, 700 patients, somebody was telling me, just happening to land in the bed in the ward next to Judy. It was an interesting series of providences that arranged it, and neither one of them knew it until they got acquainted after they were side by side.

But this is what I wanted to tell you. Each one yesterday, unbeknown to the other, told us how much the other one was an encouragement to them. That's right, yes. Sister McCray was an encouragement to Judy, and Judy was an encouragement to Sister McCray. Isn't that nice, friends?

And I thought again of our text:

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

Ah, my dear friends, in heaven's plan, God always has something for every one of His children to do for others. You may think that a person lying there in a

hospital bed, with pint after pint of donated blood pouring into their veins, very little they can do, but there's a witness there.

Let me tell you another witness from this same little girl, Judy. One of the nurses that have been on duty in the intensive care section where Judy's been is the daughter of a woman that my wife give Bible studies to years ago. She knows something of our message. And she's been much impressed with Judy's life and witness.

She told Anita yesterday, she said, "You know," she said, "We don't, as nurses we don't get to," I've forgotten the word she used. I'm not trying to quote her, but the point was they couldn't get too involved emotionally with their patients because they have so many, and so many of them are really going through serious experiences.

But she said there was something about that girl that got hold of her heart. And I think she's going to be out at the church tomorrow, that nurse in Erlanger Hospital.

Do you see what I'm talking about, friends? That nobody, *nobody* gets past the opportunity of helping others, no matter how helpless they seem, and no matter how much a burden they seem to other people. And therein lies the accuracy, the specific accuracy of the wording of the text:

"Bear ye..." Galatians 6:2.

What?

"...one another's burdens..." Galatians 6:2.

This man bears an awful lot of my burdens. Maybe I bear one for him once in a while. Thank you, brother.

Yes, sir. Yes, sir. You know, this dear man, he and his wife left good positions in the Lord's work over 2,000 miles from here three years ago because they saw that I needed help. Well, I thank the Lord for that.

You know, *Desire of Ages* in that wonderful chapter, "Give Ye Them to Eat," says:

"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..." *Desire of Ages*, page 370.

What?

"...filled with food for the starving multitude" *Ibid.*

In other words, friends, if we'll 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, friends? Why, do you see, there's a place in this program for everybody, I mean this program of burden-bearing. There's something for *you* to do, something for you to do. If you're a cripple, if you're blind, if you're paralyzed, whatever, let your heart reach out.

And may I tell you a little secret, friends? It's over here in Isaiah 58, and somebody who is supposed to have looked into the matter tells me that this chapter Isaiah 58 is referred to more in the Ellen G. White writings than any other chapter in the Bible.

Now, I haven't checked it up myself personally, but I wouldn't be surprised if that was true. At least, it's referred to a great many times. And you know, of course, that the last few verses deal with the great Sabbath reform. But connected with that is this medical missionary program that the whole chapter is full of. And it says if we will go to work and help others, something is going to happen for us.

You remember, in the seventh verse:

"Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house..." Isaiah 58:7.

So forth. And if we'll do that, the eighth verse:

"Then shall thy light break forth as the morning, and thine health shall spring forth speedily..." Isaiah 58:8.

Isn't that wonderful, friends? So, you see, the poor man, instead of turning to the world's ways of dealing with worry, anxiety, frustration, disappointment, 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, as well as a burden. 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 the kindly deed.

And if the work Thou shalt appoint  
Is what the world counts small;  
Make me contented in my lot,  
And faithful in it all."  
[Author unknown.]

Ah, dear young people, 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 every young woman's life, there comes from time to time the thought, "Well, I wonder, I wonder what I'm going to do. I wonder what I will be."

And the world has its ways of trying to attract with the glitter and the tinsel, the glamor and the jingle. But listen, I invite you to qualify for this degree. Be a burden bearer, be a burden bearer.

And if somebody says to you, "Oh, that means to be a nobody."

Say, "Very well, I'll be a nobody."

Jesus was in many ways, in His age. He came from a little village that was considered of no account. He was of lowly birth, as far as this world was concerned, unrecognized by the schoolmen 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. From His earliest years, He was possessed of one purpose. He lived to what? Bless others, *Desire of Ages*, page 70. In other words, He was a what? A burden bearer.

Isn't that nice, friends? You can do that. Thank God, that's what many of you are doing. You've already tasted the joys of this. And you see, friends, if we get hold of this, we don't have to be under any fear or anxiety about making the way. No, thank God, we already have it.

Jesus has taken us by the arm and has said, "Come with Me and together we'll bear the burdens of others."

And isn't it wonderful that as we do that, He makes up our deficiencies? And He does, friends, over and over and over again. I thank God for the way He's taken my poor, weak, bungling, awkward, inadequate efforts and used them to help somebody just because He knew that that person needed help and I was trying.

And I know He'll do just the same for you, every one of you. Let not, then, any sense of your own inadequacy and weakness hinder you. Remember, Jesus is ready to make up your deficiencies, to supply your lack. All He asks is for the willing hand, the loving heart. Oh, praise His glorious name tonight for such a simple and wonderful plan in which we can all share.

Shall we say our text again together?

"Bear ye one another's burdens, and so fulfil the law of Christ" Galatians 6:2.

[Testimony meeting followed.]

[The following comments were made by Elder Frazee during testimony meeting.]

...The secret of this whole thing is not in thinking, "Now, what can I do so as not to be such a burden."

That's negative. That's difficult. Turn the thing the other way around.

Just think, "Now, what can I do to take on some burdens of others?"

If God allows you to be a burden to somebody, well, *be* it. That's all right. They'll get a blessing out of it. But if you just center your mind on that, you'll either get cynical or selfishly satisfied with all that attention, and that won't be good. There's a lot of things that could happen. Or you'll get frustrated and bothered. But just leave that with God and them.

You get busy thinking, "What can I do?"

Crippled, or blind, or helpless; weak, ignorant, or whatever my problem is, "What can I do to take on some burden of others, maybe the very ones that are ministering to me; maybe somebody else."

Let heaven guide you in that. But I'll tell you, dear ones, if we'll do that, Isaiah 58 will be fulfilled. That's right.

...You, *you* can take a burden from the heart of God. Isn't that wonderful? You can ease His load.

Do you remember that man that came along from the country that dark Friday morning, as Jesus was being led out to die? Do you remember how Christ fainted beneath the load of that heavy cross?

And as Simon expressed his sympathy, what did they do to him?

They seized him and said, "Well, if that's the way you feel, you carry it."

He was glad to, wasn't he, friends? Yes.

Will you carry that cross? Will you? Will you? That's the burden-bearing. And remember, that's the cross of Jesus, that's the cross of Jesus.

...Let's stand.

"My Jesus, I love Thee, I know Thou art mine;  
For Thee all the follies of sin I resign;  
My gracious Redeemer, my Savior art Thou;  
If ever I loved Thee, my Jesus, 'tis now."  
*Seventh-day Adventist Hymnal, #321, first stanza.*

Now, it's an interesting coincidence but both before and during the meeting, we've had several different requests from widely-scattered directions for prayer for certain ones. Now, we've remembered in prayer here tonight two or three that are known to nearly all of you.

But we're going to have a little prayer season now after this service, and we're dismissed, and any of you that have a special burden in prayer for somebody, if you want to come up here by the piano, we're going to have a little prayer service especially. And I'd like to invite any of you that have special requests, come up at once so that we do not delay, and we'll have that.

And now, dear Father, we thank Thee for Thy wonderful love. We're so glad that you love us and that you've given us the opportunity to share the greatest experience in the universe of burden-bearing.

Oh, what a joy to share with the great Burden Bearer. May it be the experience of everyone tonight? We ask it in Jesus' name, amen.

Copyright 2021. All rights reserved.

W. D. Frazee Sermons  
435 Lifestyle Lane, Wildwood, GA 30757  
1-800-WDF-1840 / 706-820-9755  
[www.WDFsermons.org](http://www.WDFsermons.org)  
[support@WDFsermons.org](mailto:support@WDFsermons.org)