

TITLE: HE CARRIED IT FOR ME

- Some of what we call heavy... isn't just heavy... It's actually suffocating something in you.

1. THE FIGHT FOR YOUR LIFE IS REAL

Matthew 11:12 (NIV) From the days of John the Baptist until now, the kingdom of heaven has been subjected to violence, and violent people have been raiding it.

You've been wondering why life feels like a fight... It's because it is.

If the fight is real... the solution has to be real.

2. THE ENEMY ONLY HAS ONE PURPOSE

John 10:10 (NIV) The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

This is not random... this is targeted.

And the longer you carry it ALONE... the less you look like YOURSELF.

3. PAIN LITERALLY CHANGES YOU

Isaiah 52:14 (NIV) Just as there were many who were appalled at him— his appearance was so disfigured beyond that of any human being and his form marred beyond human likeness.

By the time pain was done with you, you looked nothing like what God created you to be.

Some of you don't recognize yourself anymore.

4. JESUS UNDERSTANDS YOUR PAIN

Isaiah 53:3 (NIV) He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem.

Jesus didn't just bleed physically... he also bled emotionally.

- Rejected
- Betrayed
- Overlooked
- Misunderstood

He knows what it feels like... when nobody understands you.

5. HE CARRIED WHAT YOU COULDN'T

Isaiah 53:4 (NIV) Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted.

Isaiah 53:5 (NIV) But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

He carried Anxiety, Shame, Trauma and Regret

Everything on you... got put on Him.

6. YOU HAVE TO CHOOSE TO LET HELP IN

Matthew 27:32 (NIV) As they were going out, they met a man from Cyrene, named Simon, and they **forced** him to carry the cross.

Jesus carried it... until He couldn't.

And they had to get somebody... to help Him carry it.

Some of you have been trying to carry life...by yourself. That's why it's so heavy.

7. HE FELT THE FULL PAIN

Matthew 27:34 (NIV) There they offered Jesus wine to drink, mixed with gall; but after tasting it, he **refused** to drink it.

If He numbed the pain... He would've numbed the purpose.

Jesus was committed to feeling the full weight of what it would take to save us.

8. JESUS EVEN FELT WHAT IT MEANT TO BE SEPARATED FROM GOD

Pain has a way of making God feel far, even when he's close.

Matthew 27:46 (NIV) About three in the afternoon Jesus cried out in a loud voice, "Eli, Eli, lema sabachthani?" (which means "My God, my God, why have you forsaken me?").

He felt forsaken... so you wouldn't have to be.

9. WHEN IT LOOKED LIKE THE PAIN WON

Matthew 27:50 (NIV) And when Jesus had cried out again in a loud voice, he gave up his spirit.

To everyone watching, it looked like it was over.

There are people watching your life right now... who think it's over for you.

If the story ended there... pain would win. But three days later...

10. JESUS GOT UP

Matthew 28:5 (NIV) The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified.

Matthew 28:6 (NIV) He is not here; he has risen, just as he said.

He didn't just carry what was killing you... He defeated it...

He was buried in a borrowed tomb... because He wasn't planning on staying.

He Got Up For You!