



# The Heavy Lifter



**Introduction:** Jesus had just come out of the wilderness after 40 days and 40 nights of being tempted and tried by Satan himself. Jesus had taken in no food or water. He was physically and mentally exhausted. One thing sustained Him. That, that He said man could not live without. **Matthew 4:4** *But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'"*

**Text:** **Matthew 4:4 (NLT)** **Deuteronomy 8:3 (NLT)**

Jesus brings back this image of the lesson God taught the Jews in the Wilderness: God provided a supernatural bread called "Manna". God spoke it into existence. It fed them. They had to rely on God. When a people have to rely on God they see more miracles. Because God answers the call of a people who rely fully upon Him. When they failed to rely on God, they did not see the miracle. (*Example of this is when Moses sent 12 spies into Canaan to observe the people, armies and terrain of Canaan before they moved into take the land. When 10 out of the 12 returned claiming they could not POSSIBLY take Canaan, based on what they had observed, they were no match for them. God allowed that to be their reality.*)

**Here is the question - Did the Hebrew people: create a cloud**

An angel of God and a pillar of cloud & fire to guide & guard the multitude (Exodus 13:21-22; 14:19).

God made a path for the Israelites through the sea (Exodus 14:21-29).

The Egyptian's chariot wheels were made to swerve; the army was drowned in the sea (Exodus 14:25-31)

Bitter waters were made sweet and drinkable (Exodus 15:22-25).

**Manna rains from heaven for bread.** Quail are sent to provide meat (Exodus 16:4,13-18).

Water comes from a rock (Exodus 17:2-6)

Moses's raised hand allows the Israelites to prevail over Amalek (Exodus 17:9-13).

God speaks from the mountain at Sinai (Exodus 19:2-6; 16-21)

The wind brings the quail (Numbers 11:31)

The budding of **Aaron's staff** (Numbers 17:1-11)

The bronze snake on a pole (Numbers 21:4-9)

The crossing of the Jordan (Joshua 3)

**Isaiah 61:3**

**Outline:**

## I. Spirit of Heaviness:

**A. Heaviness:** such as a person under afflictions, or under a load of sin, a heaviness of guilt, and expectation of wrath; such as having a heavy heart.

**B. Joy vs. Sorrow:** as joy enlarges the heart, sorrow contracts it; people who are happy come out and are sociable. People who are depressed and lonely become reclusive and withdraw.

## II. Garment of Praise:

**A. God Does the Heavy Lifting.** God sent His Son Jesus to do the heavy lifting of our sin curse, of our eternal curse, of our generational curses, and of our garment of death curse.

**Isaiah 61:10** (NIV)

**B. Righteousness.** The **Robe** of Christ's Righteousness. This scripture denotes wearing a robe that **represents something other than** our character or circumstances. Though we should be weighed down with a heavy load because of our sinful character and our upsetting circumstances, largely tied to our sins and mistakes; we are instead given a robe of righteousness: a robe that says we are Free – Forgiven – Pardoned – Innocent – and a heart swelling with Joy and gladness – fulfilled – pure – confident – with hope and a Joy that is our strength!

## III. Which is Heaviest?

### A. Our Sins or His Glory?

- Pride, lust, lies, selfishness, sexual sins, adultery, living together before marriage, homosexual or LGBTQ sinful desires, having idols in our lives, not putting God first, dishonoring our parents, coveting what others have and living to accumulate more.

- Miraculous, Holy, Supernatural, Eternal, All Powerful, seeing past, present and future with equal clarity, all wisdom, Merciful and full of Grace to all He creates, provider of Righteousness, giver of forgiveness, God of Promises fulfilled!

Superbowl - Football example: The teams work hard and strive with all that is in them to win this ultimate prize. The **Superbowl**.

**B. Make that Trade!** Choose to make that trade! God has provided this as possible...even among the impossible!

Let's determine to Praise God! Let's determine to try our hardest to rely more on God! Let us resolve to lift up God more than we toil over our troubles. Satan would have us heavy laden and crushed under the cares of life to the point we neglect God's Glory. Yet that is the make-up of life! God's Glory is more

important than anything. The More we rely on Him and allow Him to work in our lives, the more His glory shines! **To God be the Glory!**

To God be the glory, great things He hath done;  
So loved He the world that He gave us His Son,  
Who yielded His life an atonement for sin,  
And opened the life gate that all may go in.

### **Refrain**

*Praise the Lord, praise the Lord,  
Let the earth hear His voice!  
Praise the Lord, praise the Lord,  
Let the people rejoice!  
O come to the Father, through Jesus the Son,  
And give Him the glory, great things He hath done.*

### **Stanza 2**

O perfect redemption, the purchase of blood,  
To every believer the promise of God;  
The vilest offender who truly believes,  
That moment from Jesus a pardon receives.

### **(Refrain)**

### **Stanza 3**

Great things He hath taught us, great things He hath done,  
And great our rejoicing through Jesus the Son;  
But purer, and higher, and greater will be  
Our wonder, our rapture, when Jesus we see.

### **Refrain**

*Praise the Lord, praise the Lord,  
Let the earth hear His voice!  
Praise the Lord, praise the Lord,  
Let the people rejoice!  
O come to the Father, through Jesus the Son,  
And give Him the glory, great things He hath done.*