

July 9 | Prayer Meeting
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“Cast your burden on the Lord, and He shall sustain you” based on Psalm 55:22

- KJV uses “burden”, while NIV uses “cares” which has much broader meaning than burden
- Sustain means nourish, supporting you totally “he will never let the righteous fall”
- We are stressed or burdened some way. Some drink, some do drug, some go shopping, some go eating.
- Some board up their feelings; some blame on their families or co-workers. Others blame God.
- Those are various ways of escapes. But they don’t really relieve the stress.
- King David describes his needs to escape from his “friends” who turn to become his enemies. Psalm 55:4-6
- Don’t we want to be like dove who flies away, see v.6
- As Christians, we know God is always there. He has a broad shoulder enabling us to draw close to him
- David commits adultery with Beersheba. see 2 Samuel He suffers the consequence. His son rebels against him; and Ahithophel, his counselor deserts David to help the enemies instead.
- We should give our burdens to God, for He sustain us.
- Related verses: Job 3-4, Psalm 37:5, 94:19, Proverbs 16:3, 1 Peters 5:7
- Question: how do you internalize this verse “cast your burden on the Lord”, when first the wife was lay off, then the husband? Perhaps through prayers, fellowship of the saints, cares from