

# He's Not Heavy, He's My Brother

➤ = next PowerPoint slide

## ➤ Intro:

- **beginning of the saying** that later became a song – **He ain't heavy; he's my brother**

- **Roe Fulkerson/Kiwanis Magazine:** In 1924, the first editor of Kiwanis Magazine, Roe Fulkerson, published a column carrying the title "He Ain't Heavy, He's My Brother". Dated September 1924, the article speaks of **Fulkerson's inspiring encounter with "a spindly and physically weak lad" carrying a baby** and "staggering towards a neighboring park". " **'Pretty big load for such a small kid'** I said as I met him. 'Why, mister,' he smiled, **'He ain't heavy; he's my brother.'** " (Wikipedia)

- **explanation of the pic:** two brothers in a mostly abandoned Darfur village, with no way to escape (NY Times. 2004)

➤ - **title:** He's Not Heaven, He's My Brother

## ➤ All of us need help bearing burdens!

- **Mk. 8:34-38** all have a cross to bear, **need help** – **What cross are you bearing?**

- **illus.:** **Simon Cyrene helped Jesus bear His cross** – imagine

➤ - **1 Pet. 2:21a, 24a** **Jesus bore our burdens** on the **cross** – **Jesus bore our cross**

- **Is. 53:4a** He bore our griefs, and our sorrows He carried

- **song #603, Burdens Are Lifted At Calvary**

➤ - **1 Pet. 5:6-7** **God** wants us to **cast our cares on Him** – **wants to help carry our cross**

- **illus.:** **2 Cor. 5:4** **burdened by mortal life**, wanting to be clothed with immortality

- **illus.:** as **Jesus cast His care on God in the garden**, angel ministered to Him

➤ **God wants us to help each other** – **bear one another's burdens**

- **1 Th. 5:14** **encourage** the fainthearted, **help** the weak, **be patient** with everyone

- **Heb. 4:16; 10:23-25** a **benefit of being a Christian**, and **assembling** with the saints

➤ - **Gal. 6:2** **bear one another's burdens**, and **fulfill the law of Christ**

- **Ja. 1:27** **pure and undefiled religion**, **visit orphans and widows** in their distress

- **Ja 5:16-17** **pray** for one another, **healed**, effective **prayer of a righteous man can accomplish much**

- **Ja. 5:19-20** any **among you strays**, one **turns him back**, **save his soul from death**

➤ - **next: three reasons our brethren's burdens aren't heavy**

➤ He's not heavy, because God's doing the work through me! – we're instruments of God's power  
- Phil. 1:6; 2:13 God works through us, according to His will and pleasure – God does it

➤ - 1 Th. 2:13b word works in us, because we believe – believe, empowered by word

➤ - Eph. 3:16, 20, 21 strengthened with power, inner man – abundant power

- ???: If God's doing the work, why doesn't He just make us strong enough to bear our own burdens, so we don't have to depend on others? - it's the way He wants it, helping each other as brethren, helps us rely on others and rely on God

➤ He's not heavy, because I love my brethren! – attitude

- agape

- Jn. 13:34-35 love one another, as Jesus loves us, know we're Jesus' disciples

- Do you love your brethren like Jesus loves you? - bear burdens?

- brotherly love

➤ - 1 Pet. 1:22 fervently love brethren from heart

➤ - Rom. 12:10 devoted to one another, preference to one another in honor

➤ - illus.: pic: U.S.S. Pueblo

- U.S.S. Pueblo was captured by the North Koreans, eighty-two surviving crew members were thrown into a brutal captivity

- one instance, thirteen of the men required to sit in a rigid manner around a table, assigned places

- after several hours the door violently flung open and a North Korean guard brutally beat the man in the first chair with the butt of his rifle – happened for 3 days to same man

- after 3<sup>rd</sup> day, a different sailor took his place

- the door was flung open, guard beat the new man

- for weeks, each day a new man stepped forward to sit in that chair

- at last the guards gave up in exasperation

- bearing one another's burdens, they all survived – victory – fervent / devoted / brotherly love

- "everyone" suffered, so "all" could live

➤ - if you care about people enough, you'll bear their burdens

- Lk. 10:25-37 good Samaritan – cf. priest and Levite – mercy and compassion

- Luke 15:11-32 prodigal son – cf. young brother – forgiveness

➤ He's not heavy, because I'm doing these things to Jesus! – purpose

- Matt. 25:31-40 to bear a brother's burden, is to bear Jesus' burden – do it to brother, do it to Jesus

- When you bear a brother's burden, do you see yourself bearing it for Jesus?

- illus.: visiting the sick, doing it to Jesus

- illus.: visiting the shut-in, taking food and doing chores, doing it to Jesus

- illus.: calling on phone and encouraging, doing it to Jesus

- If Jesus was physically there when we visited and called, what would you do differently?

➤ **Summary / Inv.**

- **Matt. 11:28-30** Jesus, invitation to come

- **song # 239, Footprints Of Jesus** – obey God, serve brethren, eternity in heaven

- **inv.:** let Jesus bear your burden on the cross, walking in His footprints, and then you can help others