

Title: Under your Skin
Pastor: Hercules Opperman
Date: 23 November 2008
Time: 10h30



Galatians 6:1-9

¹ Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. ² Bear one another's burdens, and so fulfill the law of Christ. ³ For if anyone thinks himself to be something, when he is nothing, he deceives himself. ⁴ But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. ⁵ For each one shall bear his own load. ⁶ Let him who is taught the word share in all good things with him who teaches. ⁷ Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. ⁸ For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. ⁹ And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

I carry two loads:

- Their load (Galatians 6:1-2)
- My own load (Galatians 6:3-5)

John 8:2-11

² Early in the morning He came again into the temple, and all the people were coming to Him; and He sat down and began to teach them. ³ The scribes and the Pharisees brought a woman caught in adultery, and having set her in the center of the court, ⁴ they said to Him, "Teacher, this woman has been caught in adultery, in the very act." ⁵ Now in the Law Moses commanded us to stone such women; what then do You say?" ⁶ They were saying this, testing Him, so that they might have grounds for accusing Him. But Jesus stooped down and with His finger wrote on the ground. ⁷ But when they persisted in asking Him, He straightened up, and said to them, "He who is without sin among you, let him be the first to throw a stone at her." ⁸ Again He stooped down and wrote on the ground. ⁹ When they heard it, they began to go out one by one, beginning with the older ones, and He was left alone, and the woman, where she was, in the center of the court. ¹⁰ Straightening up, Jesus said to her, "Woman, where are they? Did no one condemn you?" ¹¹ She said, "No one, Lord." And Jesus said, "I do not condemn you, either Go From now on sin no more."

Matthew 23:4, 13, 25

⁴ They tie up heavy burdens and lay them on men's shoulders, but they themselves are unwilling to move them with so much as a finger.

¹³ But woe to you, scribes and Pharisees, hypocrites, because you shut off the kingdom of heaven from people; for you do not enter in yourselves, nor do you allow those who are entering to go in.

²⁵ Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and of the dish, but inside they are full of robbery and self-indulgence.

Luke 18:9-12

⁹ And He also told this parable to some people who trusted in themselves that they were righteous, and viewed others with contempt: ¹⁰ "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. ¹¹ The Pharisee stood and was praying this to himself: 'God, I thank You that I am not like other people: swindlers, unjust, adulterers, or even like this tax collector. ¹² I fast twice a week; I pay tithes of all that I get.'

1. Their load (Galatians 6:1-2)

What is their load?

- We can help others with physical burdens.
- We can help others with financial burdens.
- We can help others with social burdens (we can arbitrate).

Galatians 5:13-14

¹³ For you were called to freedom, brethren; only do not turn your freedom into an opportunity for the flesh, but through love serve one another. ¹⁴ For the whole Law is fulfilled in one word, in the statement, "You shall love your neighbor as yourself."

2. My own load

Galatians 6:3-5

³ For if anyone thinks he is something when he is nothing, he deceives himself. ⁴ But each one must examine his own work, and then he will have reason for boasting in regard to himself alone, and not in regard to another. ⁵ For each one will bear his own load.

II Corinthians 13:5

⁵ Test yourselves to see if you are in the faith; examine yourselves! Or do you not recognize this about yourselves, that Jesus Christ is in you--unless indeed you fail the test?

What is your own load?

- No one can repent for you.
- No one can bear spiritual fruit for you.
- No one can use your spiritual gifts for you.

Three areas of sensitivity:

- Keep an eye on yourself lest you too be tempted.
- Develop humility.
- Blame-shifting.

Truths about burdens:

a) Discussing

b) Manipulation

- Listen
- Biblical principles
- Led by the Spirit

c) Using vulnerability

d) Sacrificial help

- Jesus laid His life down
- Do something

e) I know what you are going through

- Confess

f) Flattery

- Something for you
- Exhortation

Proverbs 18:19

¹⁹ A brother offended is harder to be won than a strong city: and their contentions are like the bars of a castle.

g) Word of God

II Timothy 3:16-17

¹⁶ All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for **instruction in righteousness**: ¹⁷ that the man of God may be complete, thoroughly equipped for every good work.

II Corinthians 10:3-5

³ For though we walk in the flesh, we do not war after the flesh: ⁴ For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

h) Meekness

- Do not enforce yourself on anyone
- I cannot order
- Pride – ends in bitterness

Ephesians 6:1-10

¹ Children, obey your parents in the Lord: for this is right. ² "Honor your father and mother," which is the first commandment with promise: ³ "that it may be well with you and you may live long on the earth." ⁴ And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord. ⁵ Bondservants, be obedient to those who are your masters according to the flesh, with fear and trembling, in sincerity of heart, as to Christ; ⁶ not with eyeservice, as men – pleasers, but as bondservants of Christ, doing the will of God from the heart, ⁷ with goodwill doing service, as to the Lord, and not to men, ⁸ knowing that whatever good anyone does, he will receive the same from the Lord, whether *he is* a slave or free. ⁹ And you, masters, do the same things to them, giving up threatening, knowing that your own Master also is in heaven, and there is no partiality with Him. ¹⁰ Finally, my brethren, be strong in the Lord and in the power of His might.

Proverbs 21:23-24 KJV

²³ Whoso keepeth his mouth and his tongue keepeth his soul from troubles. ²⁴ Proud and haughty scorner is his name, who dealeth in proud wrath.

i) Prayerful

- Convict the conscience
- Pleading

John 16:8

⁸ And when he is come, he will reprove [or convince] the world of sin, and of righteousness, and of judgment:

James 1:5-7 KJV

⁵ If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. ⁶ But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. ⁷ For let not that man think that he shall receive any thing of the Lord.