

I Can Do It Myself!

I have two children, they are both grownups now

When my children were younger, I would often have some job to do around the house, and occasionally one or both wanted to “help” me.

Usually I would agree and let them “help”

Now, I am ashamed to admit that sometimes as they struggled to help me with some task... I would get frustrated with their efforts, and just “take over” and do the job myself.

Here is the thing.... they *really wanted* to help!

They *believed* that they could manage the job...

But I knew that I could do it better, faster, and correctly... so I sometimes kept them from helping.

And you know what?

I really could do it better

I could usually do it faster

And I could do it correctly!

Often as I watched them, I could see that they were just not up to the task!

I have a picture of my son trying to push a wheelbarrow of cement when I was pouring the floor in my new garage floor... his tongue is hanging out... he is sweating like a madman ... and just moments after the picture was taken... he dumped that concrete, and not where it belonged!

That happened because he was attempting to do a job that he just could not do!

He was just not up to the task.

He was not big enough, or strong enough, and he just did not have the ability to tackle the job that needed done.

You know... there are things in life that I **can** do

There are things in life that I **cannot** do, (those things that I cannot do seem to be increasing as I age)

I often think about heavenly Father

I think about how He must feel when I attack a problem that I should be turning over to Him.

And I wonder if He frequently looks at me and says "Earl, if you will just step aside, I can fix this better, faster and do it correctly"

Now certainly, God expects me to do those things that I can do for myself...

He gave me skills so that I can earn a living...

He gives me opportunities to use those skills, and make money to provide for myself and others.

You recall that the Bible says that those who are **unwilling** to work should not eat... God expects me to work!

1 Timothy 5:8 "But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever."

2 Thessalonians 3:10b “If anyone will not work, neither shall he eat”.

So God **expects me to work**, and it is He who provides both the talent and the opportunities.

But I often wonder about all the stuff I am trying to do that He could do better, faster, and correctly.

You know what I mean... the tough stuff... the jobs that I am just not big enough, or strong enough, to do.

Things like carrying a load that I cannot handle

Or being “good enough”

Or understanding everything.

In Matthew 11: 28-30 Jesus says: “Come to Me, all you who are **heavy laden**, and I will give you **rest**. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and **My burden is light**”.

What exactly is Jesus saying?

He is saying “Earl, you come walk with me and I will see to it that your load is manageable.”

He says “Give me the heavy stuff”, give me the load you cannot bear.

You see, unlike me with my own children, ... Jesus will not just “take over”

He asks us to come to Him!

He asks us to **bring Him our cares, problems, and burdens**

He promises that He will carry them, and us, *through* those things that we cannot do for ourselves.

Peter writes in [1Peter 5:6-7](#) “Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, **casting all your anxieties on Him, because He cares for you.**”

In Matthew 6 there are some really powerful words spoken by Jesus:

Jesus says (vs 25 ff) “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

And which of you by being anxious can add a single hour to his span of life?

And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these.

But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?

Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Then James records the following...

Jas 1:5 If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind.

For that person must not suppose that he will receive anything from the Lord;

In chapter 4 James says "You do not have, because you do not ask."

Now what do these verses mean?

What do they say about our struggles?

Is God serious when He says these things?

Will He really keep His promises?

I don't know about you... but I like to do things for myself!

I am not alone; my wife is much the same way.

I also know there are people who do not want to do things for themselves.

I know there are millions of people who WANT someone else to do everything, pay for everything, and manage everything for them... it drives me crazy.

If we CAN do things for ourselves, we **ought** to do those things!

But Jesus calls us to **recognize what we cannot do** and turn those things over to Him!

And that ... is where... we all too often... fall short!

We WANT to be in charge
We WANT to make the choice
We WANT to push the load we cannot handle
And often we end up dumping the load... and making a mess of everything!
Many times we even make a bad situation worse!

We take on anxiety that is not ours!

We just looked a few of the promises that God makes to us and yet we insist on doing everything ourselves!

And our unwillingness to seek help often causes us to get ulcers, heart problems and high blood pressure and to literally fall apart as we try to do everything for ourselves!

Over and over in the Bible God reminds us that He KNOWS what we **need**

God says that He will provide those things we need

He tells us that He wants to help carry the load we cannot carry...

And yet, all too often, we continue to insist on “doing it ourselves”

Now, Why do we do that?

I suggest it is because we have “trust issues”

I suggest it is because though we read some of the promises, we really don't believe as we should.

Even as children of the one who created all things...
Children of the one who spoke the universe into existence...

Children of the one who healed the sick, made the blind see, and walked on water...

That we really don't trust God like we should!

Let me ask... what might we accomplish if we believed that God would really take care of our NEEDS?

What could we accomplish if we went from day to day knowing that God was with us, walking beside us and watching over us?

How much anxiety would we have if we just took God at His word?

Over and over in scripture we see the expression "I am with you"

Over and over we read the words "fear not"

Over and over again we read that God knows us personally, and that He is working in our lives, that He will cause things to work together for our good.

And time and time again in scripture we read about those who would not accept what God told them, and we see how things turned out.

Yet in our own lives, we find ourselves crushed by loads we cannot bear.

Powerful point made in Mark chapter 9 verse 14 ff

"And when He (Jesus) came to the disciples, He saw a great multitude around them, and scribes disputing with them.

Immediately, when they saw Him, all the people were greatly amazed, and running to *Him*, greeted Him.

And He asked the scribes, "What are you discussing with them?"

Then one of the crowd answered and said, "Teacher, I brought You my son, who has a mute spirit.

And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not."

He answered him and said, "O **faithless generation**, how long shall I be with you? How long shall I bear with you? Bring him to Me."

Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth.

So He asked his father, "How long has this been happening to him?" And he said, "From childhood.

And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us."

Jesus said to him, "If you can believe, all things are possible to him who believes."

Immediately the father of the child cried out and said with tears, "**Lord, I believe; help my unbelief!**"

I recommend that just as *this* father did, we cry out to God to help **us** in our unbelief.

In Luke 17 Jesus says: "...the apostles said to the Lord, "Increase our faith." So the Lord said, "If you have faith as a mustard seed, you can say to this mulberry tree, 'Be pulled up by the roots and be planted in the sea,' and it would obey you.

I recommend that we begin to take God at His word,

That we turn **our will** over to Him.

I also suggest that our weakness of faith, smaller than a mustard seed, is often the **reason** that we *have* some of our problems!

We need to begin each day making a conscious decision to trust the Lord with all our hearts, acknowledge Him in all our ways, and **let Him direct our lives.** (Proverbs 3:5-6)

Cartoon: picture of a man in a bed... the man says

“Ok God, things are pretty good right now, but in a minute, I am going to get up... and then things are going to get messy”

We must stop trusting ourselves with things we cannot handle!

We must stop trying to do God’s job

God wants to help!

He calls each of us to LET Him help

And unlike me, He will not “just take over”... we must ask Him!

Then... We must have faith, we must TRUST in the Lord with all our hearts

We must remember that He always keeps His word!

We need to stop trying to do it ourselves

Stop carrying loads that are not ours

and stop trying to take on burdens that we cannot bear.

Invitation: